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COSMOPOLITAN

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Curl Power

Having a love-hate relationship with your hair is a curly girl's fate. Here's how one Cosmo staffer learned to embrace every twist, spiral, and coil.

BY DIANDRA BARNWELL

A FEW WEEKS AGO, before a first date, I stopped home to pop on some heels, reapply my fave nude lip gloss...and spritz on a ton of leave-in conditioner to reignite my spirals. A lot of curly girls would bust out the straightener for a first date. Me? I like a guy to see my curls from day one.

It wasn't always this way. Growing up biracial (my mom is Spanish; my dad, African-American), I watched with envy as my straight-haired Spanish cousins brushed their hair (a curly hair no-no) and experimented with endless trends. My big, crazy hair wasn't just monotonous, it also didn't look like anyone else's in my family... or pop culture. Other than the zany BFF or "before" portion of a Cinderella makeover, the movies and shows I watched as a kid lacked strong, curly girls. At the top of my Christmas list: a flatiron! Alas, to help me accept my "blessed" texture, my parents banned the tool (seriously, no straightening allowed until I was 18). So I studied my mom's beauty magazines and let my uncle, a hairstylist, teach me ways to switch up my look. I became so fluent in soft-and-loose coils, textured topknots, half-up styles, and more that by the time I was of age to flatiron, sleek strands just felt unnecessary.

Fast-forward to job interviews. Worried that potential employers would view my curls as unpolished (that whole *curlism*-in-the-workplace thing is well documented), I'd book a blowout or rock a sleek, low bun.

A few months into my first (and current) job though, I realized the people who matter don't judge you by your hair texture—who has time? So I rarely fight it anymore. We're finally living in a moment when we have various emoji skin tones—and now hair textures—to choose from while texting. Why should we have to think twice about being ourselves in person? ■





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*Based on self-assessments on 34 women in an 8-week study.

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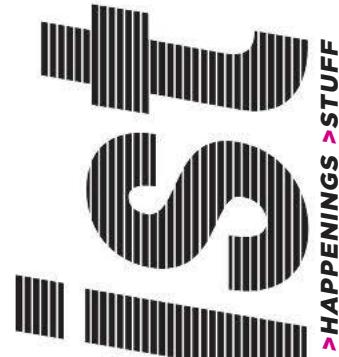
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“I took a risk with this show. I had never hosted anything in my life. But I figured, why not?”

MODEL AND *PROJECT RUNWAY JUNIOR* COHOST HANNAH DAVIS IN “LIGHTS, CAMERA, FASHION.”

COVER STORIES

It's December! Start ticking off a Sex Wish List So Naughty and Nice, You'll Do It Twice! (149) Uncover Carrie Underwood's confidence tricks (128) and The Real Secret to Sex Appeal—p.s. It's Not What You Think (154). Snack So Hard and Still Drop Pounds (114), then get Flatter Abs in 9 Minutes Flat! (118) Save Money Without Sacrifice—No FOMO (184). Have Less Stress and Stay Chill All Season (64). It's Cocktail O'Clock! Get in the spirit(s) with 5 Drinks to Wow Your Friends (167). Plus, Guys Made Easy: 5 Ways to Get What You Want Under the Tree and in Bed (164).

FEATURES

WNBA star Glory Johnson reveals a love story gone complicated (186).

PHOTOGRAPHED BY BEN WATTS
JACKET, TOP, SHORTS, SCARF, Express Edition. BRA, Fleur du Mal. SHOES, Christian Louboutin. BELT, B-Low the Belt. EARRINGS, Tomas Maier

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CULTURE CRUSH

Our gift to you: man candy. Happy Holibaes! (51) Plus, Hot! vs. Huh? (54) Swoon over our tribute to a *Hunger Games* hottie (56), then check out Fun, Fearless...Fail! (58) Read one woman's plea: "Stop Single-Shaming Me!" (60)

STYLE

Let actress Billie Lourd prove she's more than just Princess Leia's spawn in *A Star Is Born* (67), and snag all the stellar *Fashion Under \$50* (68). Bling on the cocktail-ring *Rock Stars* (70), and *Look Hot Tonight at Holiday Parties* (72). Stumped on stocking stuffers? Make our *Gift Guide* (74) your go-to shopping list—and feel free to treat yo'self.

BEAUTY

Steal the dark secret to sexy eyes with *Pretty Little Liners* (91). Learn *How to Look Revenge Hot* (94) before your next ex-encounter. Spend \$10, Tops! (100) on the best of beauty, and master *The Snow Globe Mani* (102). Craft a *New Fragrance... for Free!* (104) And read "Wait...Is That How I *Really Look?*" (106) Have your cake and clear skin too with *The Skinny on... Sugar Face* (108). Then take your holiday look on a shameless *Gilt Trip* (134).



45
"We got caught crashing a wedding...."
CONFESIONS AND WORST DATES EVER (48)



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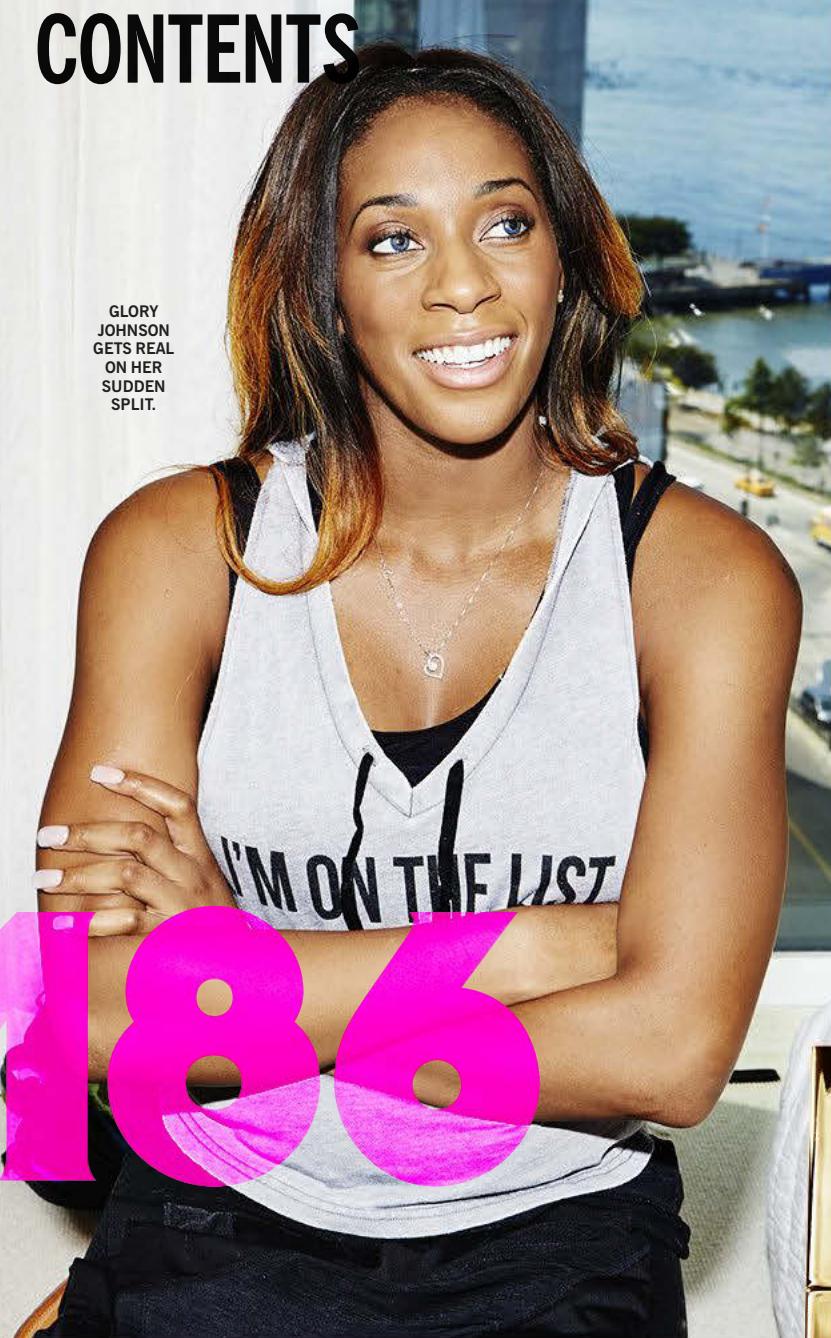
Oh! What fun.

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CLINIQUE

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GLORY JOHNSON
GETS REAL
ON HER
SUDDEN
SPLIT.



GET CARRIE'S HOT LOOK



Dress, Emanuel Ungaro. Necklace, Shytle Rose Jewelry. Rings (right pointer finger), Ash + Ames; (left pointer finger) Venyx; (left ring finger, worn throughout) Carrie's own. To get Carrie's look, try Smart Shade Bronzer, Eyeliner Brown, Intense i-Color Everyday Neutrals for Hazel Eyes, One Coat Nourishing Mascara Lengthening in Black, and Smart Shade Butter Kiss Lipstick in Nude Light, all by Almay. Hair: Mark Townsend for Dove Hair Care. Makeup: Francesca Tolot for Cloutier Remix. Manicure: Linda Bounrisavong at The Nail Loft of Nolensville, Tennessee. Production: First Shot Productions. Fashion Director: Aya Kanai. Photographed by Matt Jones.

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LOVE LUST

Let's talk about Sex Q&A (156). Brush up on guy psychology in Ask Him Anything (158) and Manthropology (164). Get the scoop on What Happened When the Pregnancy Test Turned Positive (160), and find out why "My Husband Freaked Out After Our Wedding" (162).

WORK & MONEY

Read Shonda Rhimes, the queen of prime-time TV, on how to Run Your Own Show (173). Then get inspired to Make Your Cause Your Career (176).

LIVE IT UP!

I'll Drink to That! Five crazy-fun cocktails (167).



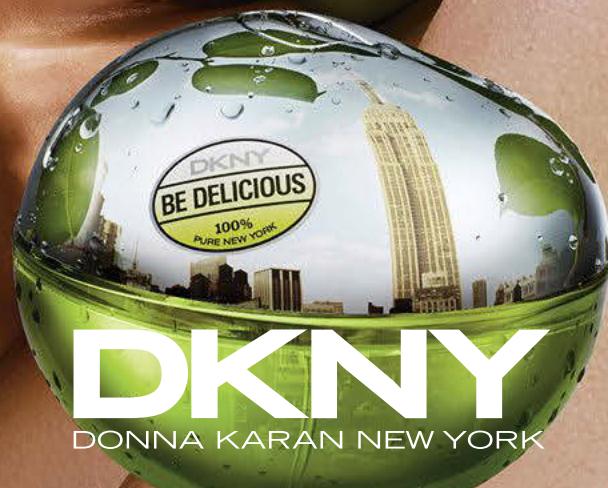
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SEE PAGE 194 FOR
DETAILS.

JOHNSON: JAN ALLEN; FLOWERS: GETTY IMAGES; STILLS: JEFFREY WESTBROOK/STUDIO D; PURSE: BENN GOLDSTEIN/STUDIO D; STYLIST: GABRIEL RIVERA; SEE PAGE 194 FOR SHOPPING INFORMATION.

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1

KEEP winter at bay with Westward Leaning's rose gold reflective lenses (\$275, westwardleaning.com).



8. CHASE superstardom with Katy Perry Pop, the new game that lets you taste life as the *Teenage Dream* queen (App Store, Google Play).



7. GET OUT OF THE COLD. This season, there's a movie for any yuletide mood.

For funny: *The Night Before* (Nov. 25). For warm and fuzzies: *Love the Coopers* (Nov. 13). For fright factor: *Krampus* (Dec. 4).

31 THINGS TO DO THIS MONTH

2. UPGRADE your seasonal snacking. Hershey's Deluxe Kisses are bigger, lusher, and hazelnuttier (from \$1).



9. SMOLDER with the new Urban Decay Gwen Stefani Eye Shadow Palette (\$58, urbandecay.com).



SIP Cocktails With Khloé. Her new talk show premieres December 9 on the FYI network.

4. SMOOTH while you scrub with Nivea's new Cocoa Butter In-Shower Body Lotion (\$8, drugstores).



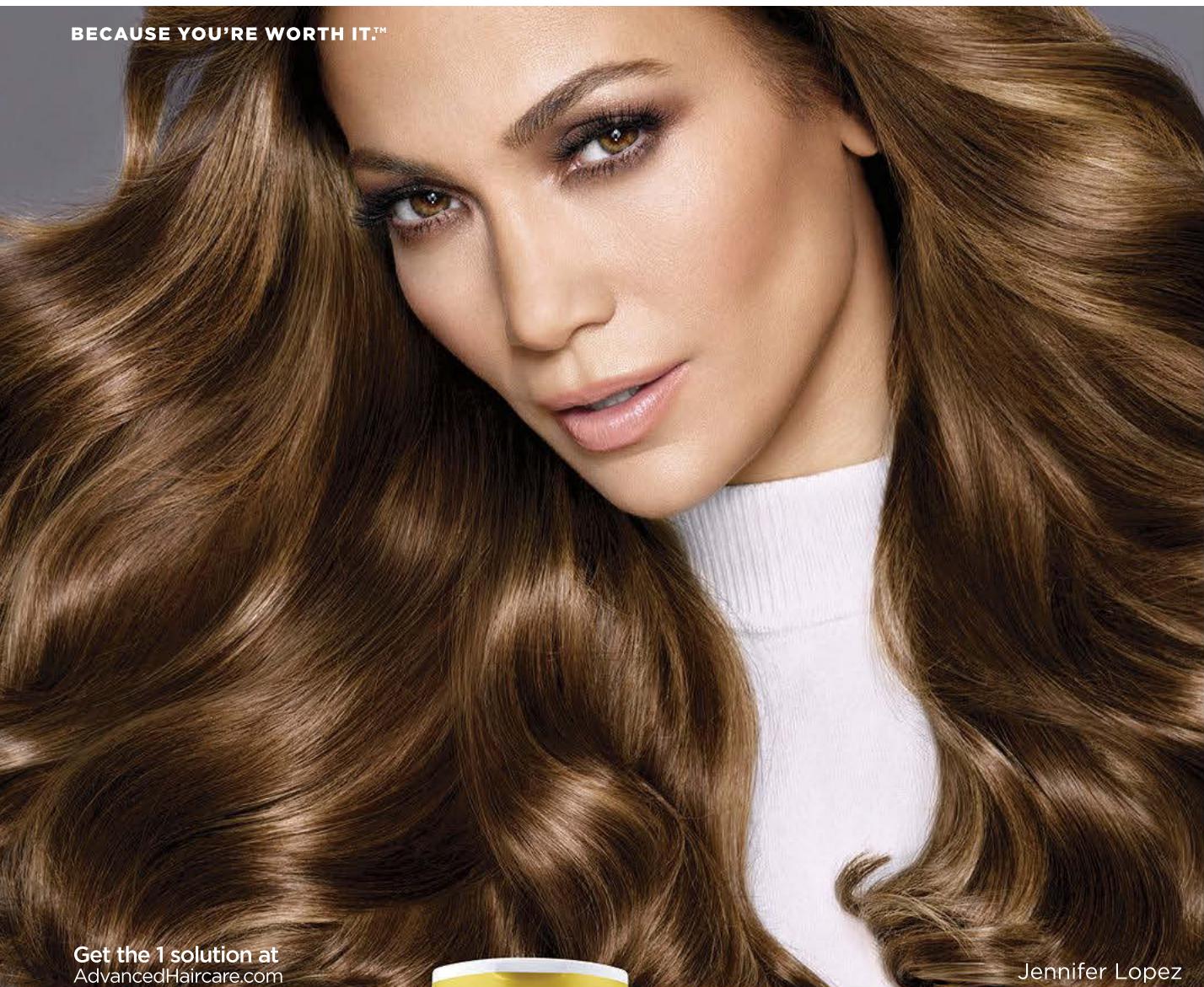
5. GET FRESH anywhere with Guess Girl, now in roller-ball size (\$11, guess.com).



STRUT across your living room (lingerie encouraged) during the Victoria's Secret Fashion Show (Dec. 8, CBS).

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Jennifer Lopez



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BAKE the perfect cookie with Jacques Torres's Chocolate Chip Cookie Mix (\$18, mrchocolate.com).



► **15. SING ALONG** to *The Wiz Live!*, starring Mary J. Blige, Queen Latifah, and Uzo Aduba, among others (Dec. 3, NBC).

► **16. SETTLE IN** for episode after kick-ass episode of *Marvel's Jessica Jones*, starring Krysten Ritter (Nov. 20, Netflix).

► **17. DON'T MISS** *Star Wars: The Force Awakens* on Dec. 18—BYO light saber.

► **18. SEE J.** Law own the screen as boss inventor and matriarch Joy Mangano in *Joy* (Dec. 25).

19. PARTY at Tina and Amy's. The duo throws a rager to end all ragers in *Sisters* (Dec. 18).



► **20. #LOVEYOUR CURLS** with Dove's new, free curly emoji, available on Google Play and in the App Store.

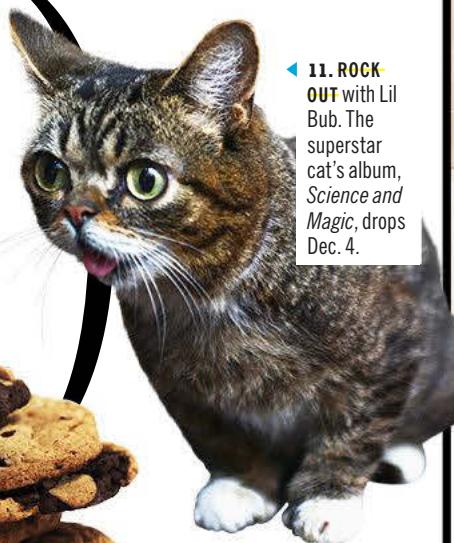


21. SCORE beauty loot daily with Benefit's 12 Days of Gorgeous gift box (\$45, benefitcosmetics.com).



GET THE SCOOP on Dolly Parton's hard-knocks past in the feel-good TV movie *Coat of Many Colors* (Dec. 10, NBC).

► **11. ROCK-OUT** with Lil Bub. The superstar cat's album, *Science and Magic*, drops Dec. 4.



ALESSIA CARA

The 19-year-old Canadian sensation behind "Here" debuts her first album, *Know It All*.

ON THE ALBUM TITLE: "It's sarcastic. I like to think I know everything, but even though I act like a know-it-all, I really don't know enough."

FIRST SONG I LEARNED TO PLAY ON THE GUITAR: "Fast Car," by Tracy Chapman. I loved that song. It's beautiful."

FIRST CONCERT: "Justin Bieber. I've only been to one concert in my life, and it was only because my cousin had an extra ticket."

13 ELLIE GOULDING is back with dreamy *Delirium*. What are you waiting for?

MOVIE I'VE WATCHED OVER AND OVER: "I think I've seen *Nacho Libre* 87,000 times. *School of Rock*, *Daddy Day Care*—all the stupid funny movies that don't make any sense, I've seen a billion times."

DREAM COLLABORATION: "Ed Sheeran or Drake."

BEST/WORST PERSONALITY TRAIT: "I see humor in a lot of things/I overthink and worry about the stupidest things."

14 THE NEIGHBOURHOOD The Cali rockers make waves with *Wiped Out!*

23. SPARKLE and shine in Opening Ceremony's blingy mocs for Minnetonka (\$130, minnetonkamoccasin.com).



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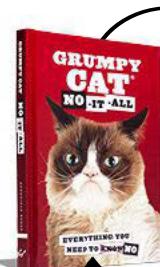
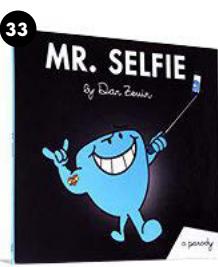
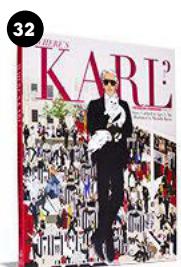
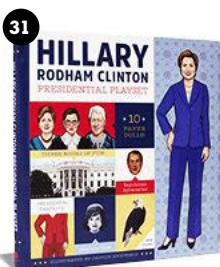
COSMO READS

CRACK OPEN
THESE HOTREADS
OF 2015...BEFORE
THEY GO FROM
PAGE TO SCREEN.

- 24. **ALL THE BRIGHT PLACES**, by Jennifer Niven Elle Fanning is half of this book's sweet misfit couple.
- 25. **H IS FOR HAWK**, by Helen McDonald A falconer's powerful memoir found a perfect producer in Lena Headey (aka *GoT*'s Cersei).
- 26. **ASHLEY'S WAR**, by Gayle Tzemach Lemmon A true story about elite female soldiers that started a Hollywood bidding battle.
- 27. **LUCKIEST GIRL ALIVE**, by Jessica Knoll Reese Witherspoon will produce this drama about a perfect life haunted by a huge secret.
- 28. **I TAKE YOU**, by Eliza Kennedy Tell all your girls. You'll want to see this sharp comedy about a bride-to-be with cold feet together.
- 29. **THE GIRL ON THE TRAIN**, by Paula Hawkins Emily Blunt is set to star in the sure-to-be-hit film version of the fastest-selling adult hardcover ever.

A GIFT FOR EVERY
LAST PERSON ON
YOUR LIST

- 30. **THE GoT FANATIC Game of Scones**, by Jammy Lannister
- 31. **THE POLITICO** Hillary Rodham Clinton Presidential Playset, by Caitlin Kuhwald
- 32. **THE FASHIONISTA** Where's Karl?, by Stacey Caldwell and Ajiri Aki
- 33. **THE INSTA FIEND** Mr. Selfie, by Dan Zevin



THE CAT LOVER Let them get their Grinch on via the forever unimpressed author/star of *Grumpy Cat: No-It-All*.

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@SarahNNicole7

Loving @ErinAndrews' article on game-day dressing (also loving the @Ravens shirt...Totally unbiased here). #TisTheSeason 

Cosmotivation

COSMO CONVO

I love Cosmo and respect its right to be fascinated by the admittedly beautiful Kardashians. However, your reference to them as the "first family" is disrespectful to the Obamas. You owe them and the public an apology.

—JOSETTE CHAMBERS, 41

The Kardashian/Jenner cover looks great! Too many people have negative things to say about them. They are all beautiful.

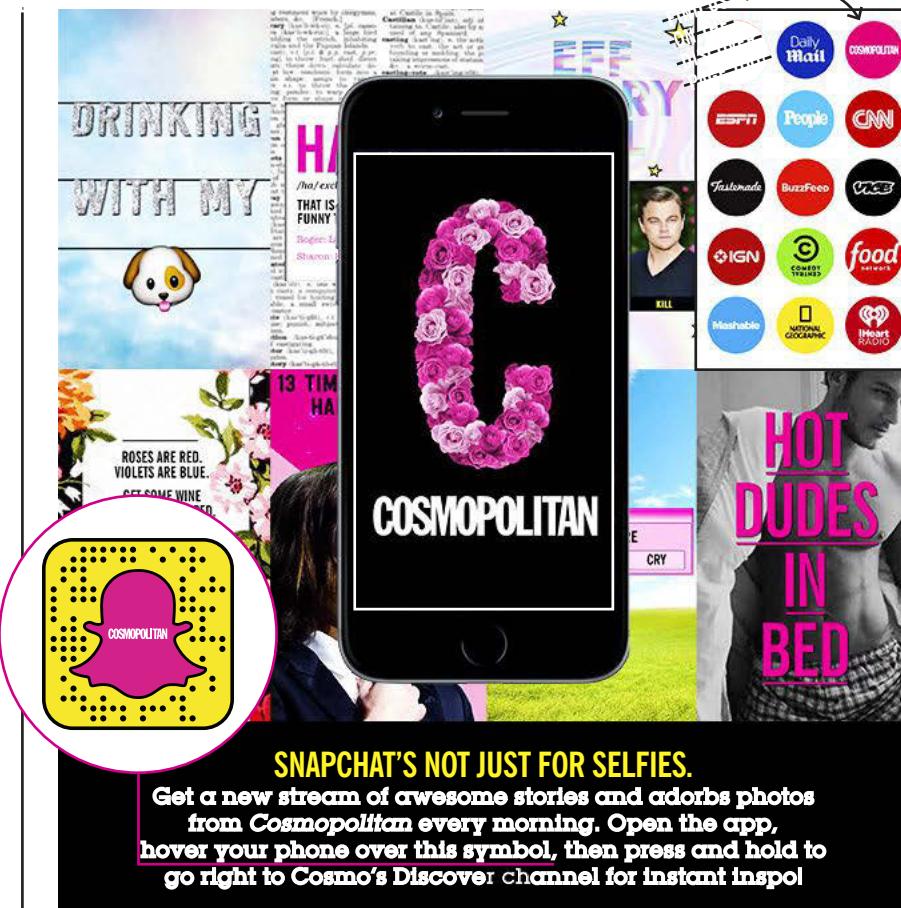
—@JLYNNR831, VIA TWITTER

I have respect for your stance on women's health issues and the increase in depth in your articles, but shame on you for picking a headline-grabbing title [I "America's First Family"] when you could have sold something far more inspirational.

—ELIZABETH HALL, 32

The K-Js are #1 in social media. They are the ultimate family. They back each other 100% with a lot of love. I love you, Cosmo. Haters will hate!

—@KERVALLOVER, VIA INSTAGRAM



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@SUPSLOANE

Really good article about college binge drinking and the culture around it. @Cosmopolitan has substance, @JoannaColes.

@XOKENZKESS_

OBSSESSED WITH "THE STATE OF YOU" ARTICLE IN OCTOBER. THANKS FOR BELIEVING IN MILLENNIALS, COSMO! 



@GenCreasman
Desk diaries #MyCosmo

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Cocktail of the Month

Gingerbread Brandy Alexander

Not another eggnog! Instead, sip this creamy concoction from Laura Lashley, head bartender at The Breslin Bar and Dining Room, in New York City, at your ugly sweater party.

In a saucepan, heat **2 cups** brown sugar, **2 cups** water, a **2-inch piece of ginger root (peeled and chopped)**, **5 cinnamon sticks**, and **1 teaspoon grated nutmeg**. Let simmer for 15 minutes. Cool and strain. Add $\frac{3}{4}$ ounce of the mixture to **1½ ounces** brandy and **1 ounce** heavy cream. Shake vigorously in a cocktail shaker with ice, and strain into a glass rimmed with crushed graham crackers.

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IN HER OWN WORDS

Carrie Marie Underwood

Nickname:

Carrie



The last thing I took a picture of:

My breakfast (oatmeal)

I love the smell of:

Skunks - weird



My most-used emoji:

💩 - classy!

Advice to my 20something self:

Take more pictures!!!

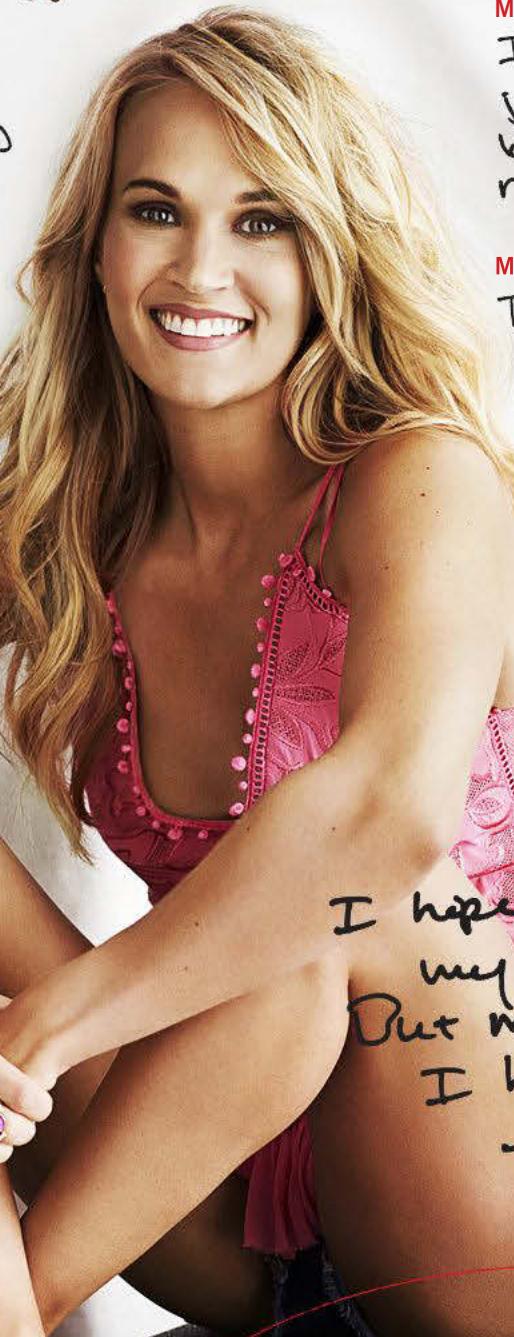


I feel sexiest when:

I'm on a date night with my husband.



OH, HELLO THERE, CARRIE'S PRO-HOCKEY HUSBAND, MIKE FISHER.



My hidden talent:

I'm a human jukebox - I know lyrics to random songs.



My TV obsession:

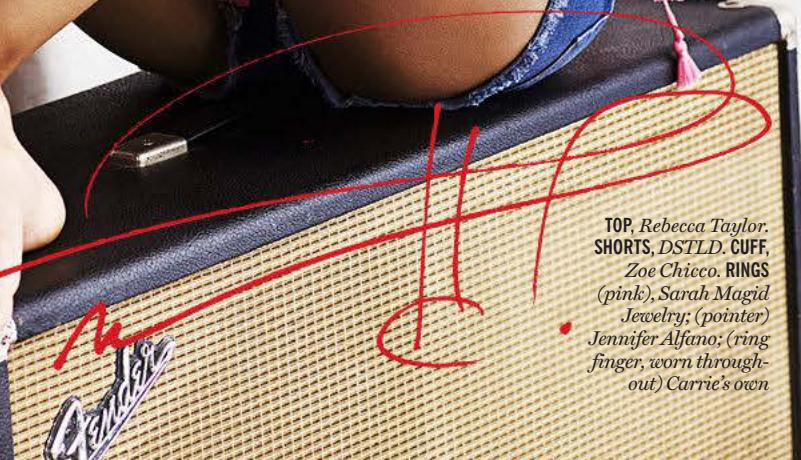
The Walking Dead

My first concert:

Alan Jackson / Faith Hill



I hope you all enjoy my new album! But most of all, I hope you all enjoy life! ☺
XOXO.



TOP, Rebecca Taylor. SHORTS, DSTLD. CUFF, Zoe Chicco. RINGS (pink), Sarah Magid Jewelry. (pointer) Jennifer Alfano; (ring finger, worn throughout) Carrie's own

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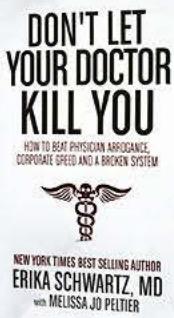
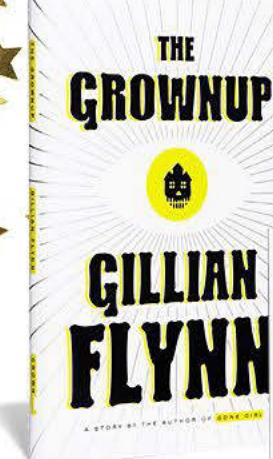
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FROM THE EDITOR



It's a team-Cosmo sandwich! Cosmo fashion director Aya Kanai and I stopped by cover star Carrie Underwood's first fashion week show for her line, Calia by Carrie Underwood.



CONVO STARTERS
Love reading Gillian Flynn's books, and Dr. Erika Schwartz will arm you with all the right questions to ask your doctor.

STAR SIGHTING
In my office, no less! Loved my visit with legendary Cosmo girl Goldie Hawn. She's as funny IRL as she is onscreen.

This Happened



BEST. PARTY. EVER.
Celebrating Cosmo's 50th at Ysabel in L.A. with who else?—the Kardashians. Shout-out to Kourtney and Kim for helping Cosmo publisher Donna Kalajian-Lagani (far left) and me blow out the candles on our Milk Bar cake!



HOT SEAT At my Advertising Week chat with Fox News Channel's Megyn Kelly, she shared one of her life mottoes: "Head down, shoulders back, forge forward." Same. Also same? Our dress sense. #Twinsies



Things that might make...
- crow pose
- little le
- Marz
- vina

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EDITED BY
MARINA KHIDEKEL

YOU REVEAL
YOUR MOST
EMBARRASSING,
RIDICULOUS,
WHAT-WAS-I-
THINKING
MOMENTS.

1

“While I was out with a guy, I walked into a glass wall so hard that it shook. My date was on the floor laughing.”

—AMY H., 26, STYLIST, MIAMI BEACH, FL

PHOTOGRAPHED BY MEREDITH JENKS
REPORTED BY EMILY C. JOHNSON

**CELEB CONFESsion**

"I was in my trailer on the set of *Empire*, and all the trailers are pretty identical. I had just wrapped for the day, so I took off my costume and stripped down to my undies. Right when my dress was literally around my ankles, Jussie Smollett, my castmate, in the middle of a conversation with someone else, swings the door open thinking it was his trailer. I don't normally scream, but I squealed like a pig! He immediately shut the door, and we were both laughing as he was profusely apologizing outside. I was mortified."

—GRACE GEALEY, *EMPIRE*

4 "On a date, I accidentally spilled my drink on the guy's shirt. Luckily, he had another shirt in his gym bag and changed into it in the bar bathroom. Then as soon as he got back, someone knocked into me and I spilled my new drink on his new shirt. Tragic."

—JAMIE O., 21

5 "My friends and I were out eating dinner when my boyfriend and his parents walked in. I hadn't met them yet, so I went over to introduce myself. I got so nervous that I turned to my boyfriend, shook his hand, and introduced myself to him instead!" —KYLIE S., 20

GUY CONFESsion

6 "I took a hot girl at a house party outside to have some alone time and talk. I didn't realize the stairs were coated in ice and completely ate it."

—JONAH M., 22

**GUY CONFESsion**

"I still check behind the shower curtain every time I use the bathroom to make sure no one's hiding in there. You'd think I'd have grown out of that by now...but I haven't."

—KYLE O., 24, PERSONAL TRAINER, BROOKLYN, NY

7

"We had just arrived for a vacation in Mexico. Everything at the resort seemed really great, but then we just got this overwhelming sense of *déjà vu*...."

—KEVIN J., 26, LAWYER, BROOKLYN, NY





8
"I got caught crashing a wedding. Thankfully, the guest who caught me and my friends didn't freak—we ended up doing shots with her. Best wedding ever!"

—LANAS., 23

9
"My hookup and I snuck into the bathroom for a quickie at a fancy restaurant, but the door didn't lock. It swung open, and people saw. They must have told on us, because the manager kicked us out! I asked for dinner to go, but no dice."

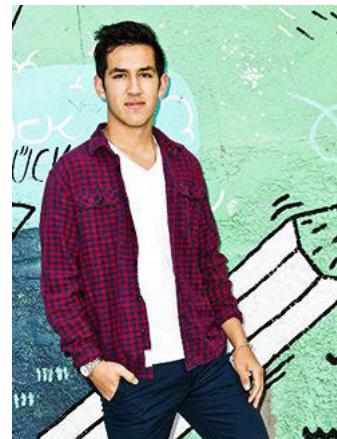
—VERONICA M., 39

10
"While out with a bunch of new friends, I had to pee so badly that I didn't look at the toilet beforehand. The lid was down, and pee got everywhere. My friends later complained about how gross the bathroom was. I felt terrible!" —EMMA B., 25



13
"Growing up, everyone typically has a huge crush on a Disney prince, but I've always had a full-blown, major crush on Simba from *The Lion King* instead. Yes, I'm aware he's a lion, but whatever. There's just no denying that he's still totally hot."

—VERONICA B., 20, STUDENT, OLD TAPPAN, NJ



GUY CONFESSION

14
"On my way home for Christmas break, I got on a train to go to the airport. I fell asleep and woke up more than an hour and a half away—nowhere near my stop. I missed my flight, and I had to stay overnight at the airport. Oops."

—RYLEY L., 20, STUDENT, GREENWOOD VILLAGE, CO



11
"I wanted to sleep with my boyfriend, but I was on my period. As we were walking home from a bar, I ran ahead, pretending I was just being silly. Really I was ducking behind a bush to pull out my tampon so I'd be ready to go."

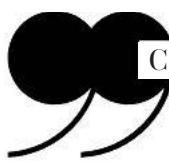
—PAIGE G., 24

12
"I'm a doctor, but the minute I get sick, I still call my mom."

—GEETA A., 33

"ONE NIGHT, MY HEELS WERE KILLING ME AND I'D PRE-GAMED, SO I ABANDONED THEM ON THE SIDE OF THE ROAD. I HAD TO WEAR GRANDMA SLIPPERS FROM THE PHARMACY FOR THE REST OF THE NIGHT. NOT COOL."

—MEGAN P., 24, WAITRESS, AUGUSTA, GA



CONFESSIONS

Worst Dates Ever

"On the drive to the restaurant, as he was holding my hand, he decided to call his ex-girlfriend and proceeded to have a flirty conversation with her the entire drive there. After he got off the phone, he began to gush about how 'awesome' she was. Ugh!"

JESSICA I., 23

"In the middle of our makeout session, he got lockjaw and had to go to the hospital."

LEXIT T., 22

"We made a movie date, and on our way there, we stopped at a gas station so he could sell some drugs to pay for the date. I never called him again."

EVA B., 27

"He spent the night, and when I woke up, he was next to me—swiping on Tinder!"

JULIE G., 24

"I went on a date with this girl to the movies, and while she was in the bathroom, she got into a full-on fight with an older woman. Really?"

KELLIS P., 34

"He took me back to his frat house, where we hooked up in the shower. When I walked out, all the pledges were lined up to cheer my date for bringing a girl home. Ew!"

FRANKIE B., 24

DOUCHE-O-METER

JUST CLUELESS

UM, NO

CHECK, PLEASE

SO OFFENSIVE

EPIC FAIL

LITERALLY DERANGED

KENDALL JENNER

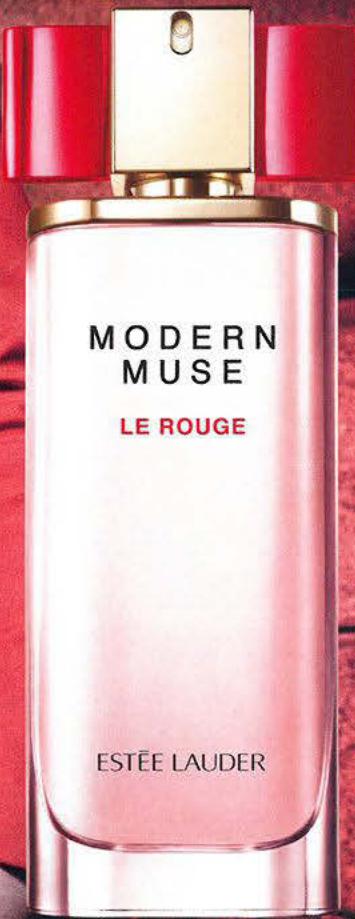
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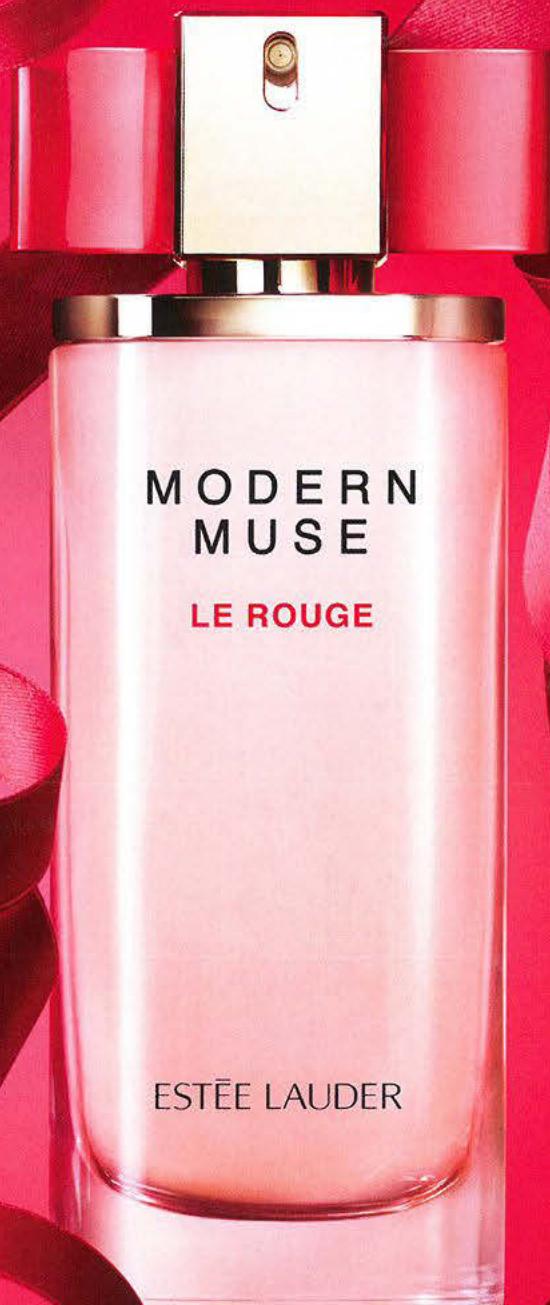
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This holiday, one of our favorite bloggers, **Mara** of **M Loves M**, shares why she loves to give great gifts to loved ones and what some of her favorites are this season.



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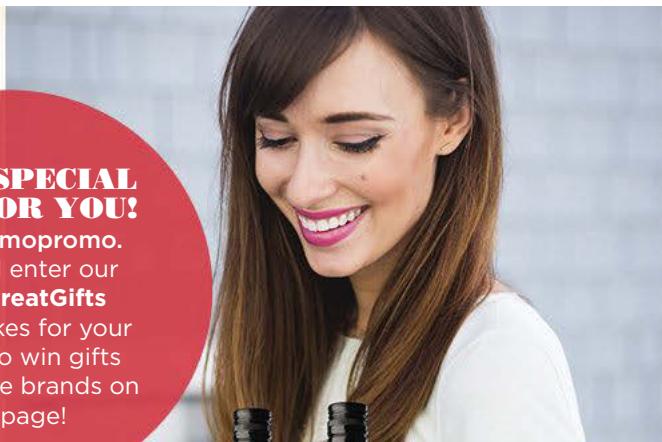
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the star of
Jurassic World.

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We see you
now, you sexy
Irishman, you.

THE BODY More
than just a cute
face, *Creed's*
Michael B.
Jordan gets cut
like an Adonis.

THE COMEBACK
Channing
Tatum returns
as *Magic Mike
XXL*—this
time with more
face humping
and pelvic
thrusting.
Clapping
hands emoji.



Simulation of
actual product results.

Maybelline.com

Gigi is wearing New The Falsies® Push Up Drama™ Mascara in Very Black.

Drama? Sometimes
I like to **push it.**

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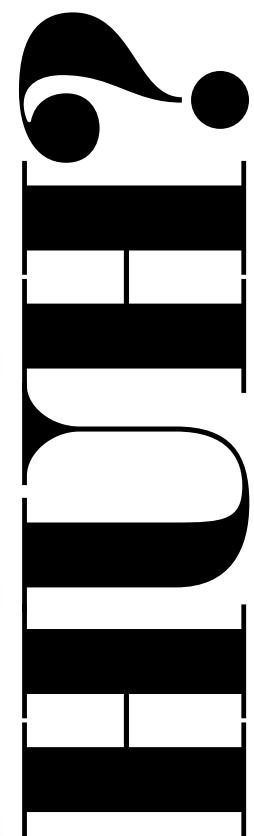
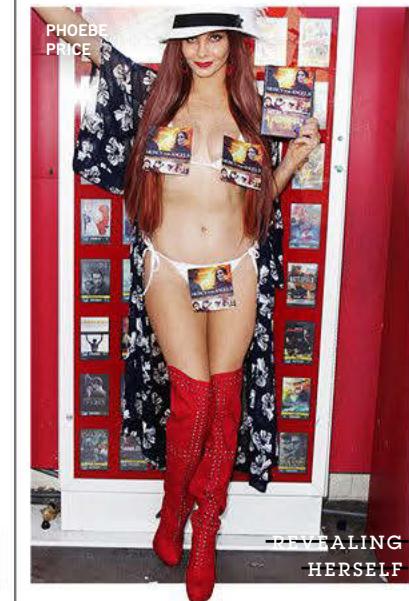


LINE[®]
NEW YORK

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Smudge resistant. Waterproof.
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Jourdan is wearing New Lasting Drama[®] Waterproof Gel Pencil in Cashmere White.
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THE COSMO GUY

JOSH HUTCHERSON

ON NOVEMBER 20, THE HUTCH IS BACK IN THEATERS IN THE FINAL CHAPTER OF *THE HUNGER GAMES*. A LITTLE CHITCHAT WITH THE NICEST GUY IN PANEM? WE VOLUNTEER AS TRIBUTE!



ON PEETA VS. GALE

"Honestly, I lean a little more Gale. I can get brooding and aggressive at times. And Gale stands up for what he believes in—I have that in me. But I'm also sensitive, so I have that in common with Peeta."

ON J. LAW RUMORS

"Since we met, we've been like brother and sister. So it's annoying that people are always speculating, like saying my girlfriend is a scheme to distract from Jen and me. It's like, are you kidding me?"

ON STRONG WOMEN

"It's so important to me. I mean, the bedroom is fun, but can you have a great conversation? I like someone who challenges your opinions. If they call you on your shit, that makes you a better person."

PARTY AT JOSH'S

"I have these 'story nights' at my house. I have a bunch of people over, and we turn off all the lights, light candles, lie on the floor, drink wine, and listen to *This American Life*. That's my idea of a party."

—RACHEL MOSELY



Bold?
That's how I picture it.

MAYBELLINE.com/brow

Cris is wearing New Brow Drama™ Sculpting Brow Mascara in Deep Brown.
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FUN No more fruitcakes! The Chips & Charity pack has a \$10 gift card to be donated to charity.

SNACK ATTACK

Yum is yum. Frito-Lay launches Doritos Rainbows to support LGBTQ rights. We all win.

Flamin' Hot Cheetos-infused tequila—sure to burn as much going down as it does coming up.



Amy! Miley! Rashida! All the stars join Bill Murray for Netflix's *A Very Murray Christmas* on Dec. 4.

EAT, DRINK & BE MURRAY

100 moviegoers watch *Groundhog Day* 5 times on loop, earn world record and Bill-fanatic status.

Bill-owned minor league team gives away '98 Civic with 285K miles on it to one, uh, lucky? fan.



@MenAndWine on Insta, because who doesn't love a guy with a big, full-bodied, er, pinot?

Shop 'til you drop, indeed—Target applies for a liquor license for a new Chicago store.

To mark its 40 years in Spain, Burger King debuts Whopper Wine. You'll def want fries with that.

SNACK ATTACK: FROM LEFT: COURTESY CHIPS & CHARITY/DEEP RIVER; GETTY IMAGES; COURTESY DORITOS; LAURA METZLER (2). EAT, DRINK & BE MURRAY: FROM LEFT: GARY GERSHOFF/NETFLIX IMAGE; JON KOPALOFF/GETTY IMAGES; GETTY IMAGES (6); COLUMBIA/COURTESY FILMAGIC; FROM LEFT: @MENANDWINE/WINOPHY.COM; GETTY IMAGES (2); COURTESY BURGER KING (2). RIVERDOGS: @CHASRIVERDOGS. WINE O'CLOCK: WINE O'CLOCK, FROM LEFT: @WINEOCLOCK



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To get lipcolor similar to Julia's, try SuperStay 24[®] Color in Keep It Red.
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NEW YORK

STOP SINGLE- SHAMING ME!

WHEN DID THE WORST
THING ABOUT GOING
SOLO BECOME PEOPLE
WHO MAKE YOU FEEL
BAD ABOUT IT?

BY JULIE VADNAL

HEY, AUNT KATHY, it's cool. And you too, Mom and Dad. You guys can't be blamed for asking me if I'm dating someone when I'm home for the holidays. It's just what you do.

But, *heyyy*, friend-of-a-friend at the bar who dropped a major shame bomb on me the other night. Not. Cool. We were chatting in a group when I revealed I was a Tinder-less single person. "What?" she squeed. "But how do you meet guys? You're just *not dating*?" Bartender, pour me another!

Usually, singles are left to defend themselves while passing the potatoes at Thanksgiving, but my bar encounter was more biting: I was single-shamed by a peer. "Even today, there's truth to the idea that women get validation by being in a relationship," says Rachel Hills, author of *The Sex Myth*. "If you're single, it's seen as a

problem to be fixed."

After that, I began to notice it everywhere. My exclusion from couples-only dinners. A married-with-kids friend implying that a second glass of vino was a wild night for her but for me every night was a drinkfest. Invites to weddings arriving without "and Guest" next to my name. Because I'm single, I'm made to feel bad about it.

But why? "Single-shaming comes from the thinking that if you follow the prescribed path and get married, you'll be happier," says Bella DePaulo, PhD, author of *Singled Out*. "But if half the population is single, how can you say the only way to

be happy is to be married?" She has a point. In fact, a new study from the University of Auckland found that people in relationships may be more susceptible to hurt and conflict, something many singles "often avoid."

Except when we're shamed. Because here's what the shammers are really saying: I'm judging you for being frivolous, for living your life outside what society expects. We singles aren't slackers with endless free time to devote to binge drinking and bar makeouts. We're not collecting tears in our Mansur Gavriel bucket bags. And it's not that we're not "trying hard enough." I've even heard of a boss who

didn't hire an unmarried candidate because she "didn't have a stable foundation for a stressful job." These assumptions are unfair...and total BS.

The trick is to deflect the haters. Steer the conversation to your job or your travels. Or say, like I do, that you simply won't date someone dull just so you're not alone.

And when a shamer starts in with "I just want you to be happy...," think about how happy you already are. I love my quirky friends, my fun job, my cozy apartment, my a.m. cycling class. And when I add a boyfriend to that list, he'll share space with the rest of my happy life. There's no shame in that. ■





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up
up
up

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MINE CAN.

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MAKE TIME FOR THE FUN STUFF

Sweet, there's a party! But also a year-end report to finish...and a cookie swap but zero time to bake! When everything is starting to stress you out, it's time to make your to-do list your bitch.

BY ABIGAIL LIBERS



MAKE OVER YOUR MIND-SET

"People get tense about being busy around the holidays, but most of the things you're juggling are probably fun," says time management expert Laura Vanderkam, author of *I Know How She Does It*. Instead of stressing about being invited to two parties in one night, think, "Isn't it awesome I have so many friends?" suggests Vanderkam. Reframing your anxiety into excitement works. In a Duke University study, when participants shouted "I am excited!" three times after thinking about two competing goals, they felt like they had more time than they did beforehand.

TAKE CONTROL OF YOUR TO-DO LISTS...

Having a million lists—random Post-its on your desk, notes on your phone—is not helping. Keep two. One should have daily to-dos: five or fewer things that *must* get done. The other is for long-term or aspirational goals, like studying for the GMAT or cleaning out your closet. Manage them with *Wunderlist* (free; App Store and Google Play), an app that lets you organize lists by category (work, family, travel), set reminders, and share duties with other users.

...THEN PARE THEM DOWN

"There's nothing gained by putting something on a to-do list but not doing it," says Vanderkam. "Then it becomes a source of failure, rather than a source of productivity and power." Having trouble narrowing your tasks? Julie Morgenstern, author of *Time Management From the Inside Out*, suggests the Four-D strategy: delete (can this item be removed entirely?), delay (can this task be pushed

back?), diminish (is there a quicker way to accomplish this?), and delegate (can this be given to someone else?).

BOOK EVERYTHING ON YOUR CALENDAR

"Stress about time is usually the result of feeling out of control," says Morgenstern, "and not knowing *when* you'll do something feeds into that." Put to-dos directly into your calendar the way you would a meeting or a doctor's appointment. For each, ask yourself: How long will it take? Then pick a time and block it off. "You'll see when you've overextended yourself," she says. At the end of the day, review what you accomplished and plan goals for the next day plus two beyond that. Not checking off as much as you'd like? Try *Balanced* (free; App Store). Input what you wish you were doing more of (ahem, hitting the gym) and how often you'd like to do it (once a day, twice a month), and it gives you gentle reminders if you're falling behind or praise for staying on track.

SCHEDULE HOLIDAY FUN

Your calendar isn't just for obligations. Use it for things you like too. "We feel better about time when we fill our schedules with things we *want* to do," says Vanderkam. "Part of the anxiety of the holidays may be, Am I doing fun, memorable things?" To make the most of the season, jot down all the activities you'd like to do—whether that's ice-skating or taking a tacky Christmas lights tour. Then arrange it in your calendar. But don't feel obligated to attend every party or event. "If something isn't fun for you, don't do it," says Vanderkam. Being busy should be a good thing! ■

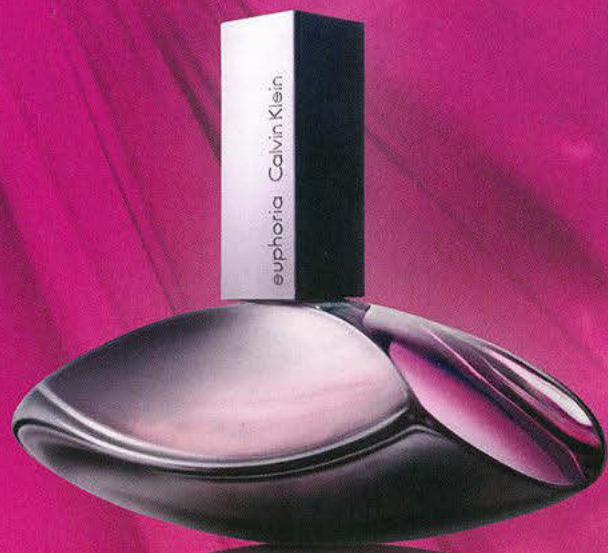
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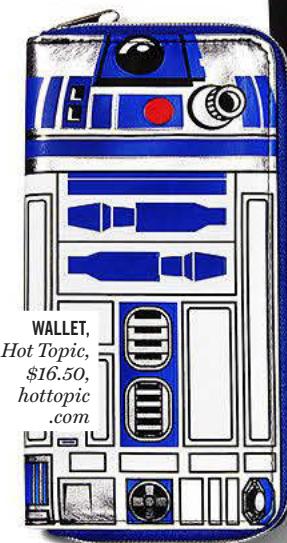
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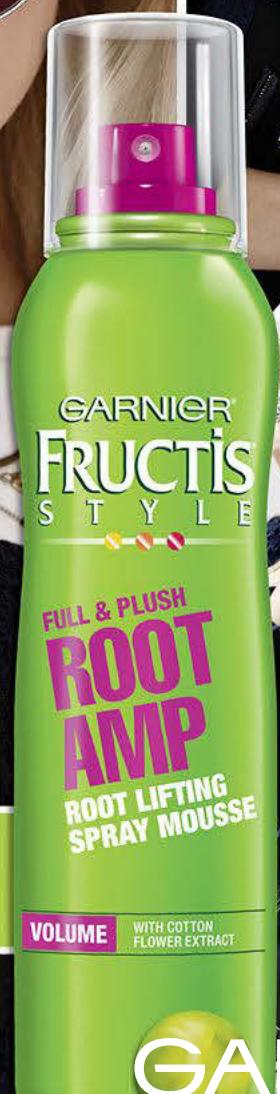
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COMPANY PARTY

Top a jumpsuit with a sleek blazer and bling for cocktails with your cubicle mates.

JUMPSUIT, *Alice + Olivia by Stacey Bendet*, \$698, aliceandolivia.com. **BLAZER**, *DKNY*, \$495, available at select *DKNY* locations. **SHOES**, boohoo.com, \$52, boohoo.com. **EARRINGS**, *Banana Republic*, \$48, banana-republic.com



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For gift exchange with your girls, rock a holiday-spirited sweater with leather skinnies.

SWEATER, *Love by Design*, \$46, jcpenney.com. **PANTS**, *Joe's*, \$695, joesjeans.com. **SHOES**, *Nine West*, \$79, ninemwest.com. **CLUTCH**, *Kate Spade New York*, \$398, katespade.com

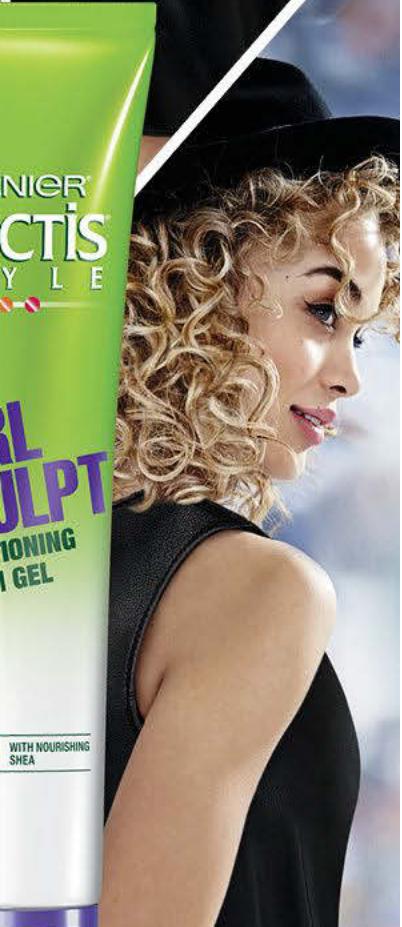
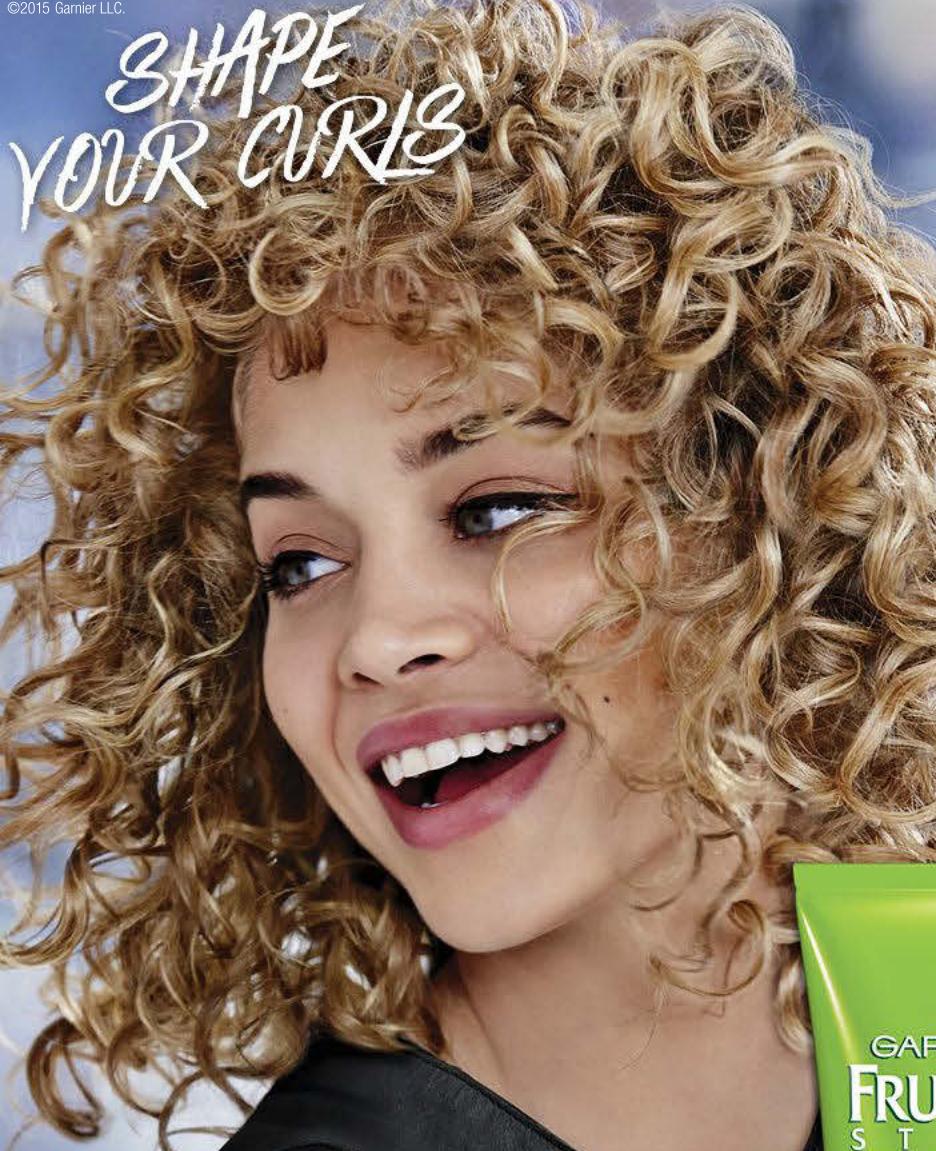


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benefitcosmetics.com



WATCH, Citizen
Watch, \$325,
citizenwatch.com



LAMP,
Kartell,
\$450,
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THROW, West Elm, \$129, westelm.com



EYE SHADOW, Giorgio Armani Beauty, *Luxe Is More* Limited Edition Holiday Palette, \$140, armanibeauty.com

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magaschoni.com

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1. PENS, *Made By Humans* Designs, \$19.50 each, madebyhumans.com

2. DIAMOND ICE TRAY, *Kikkerland*, \$10, kikkerland.com

3. BOTTLE OPENER, *Gamago*, \$8, *Urban Outfitters*

4. FAUX-FUR SLEEVE, *Romy LDN*, \$24.60, romyldn.com

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3. MONEY CLIP, Spifire Girl, \$22.95, spifiregirl.com 4. LIPSTICK COMPACT, MAC Cosmetics, Enchanted Eve in Coral, \$25, maccosmetics.com
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GIFT GUIDE

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BRA, \$45,
PANTY, \$29.70,
Heidi Klum
Intimates,
theoutnet.com



LIP GLOSS SET,
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Ever, Artist Plexi-
Gloss Collection,
\$150, Sephora



SHOES, Asos,
\$76, asos
.com

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1. JOURNAL, Rifle Paper Co., \$15, riflepaperco.com
2. SLEEP MASK, Sleep Tease, \$20 for pack of 2, lordandtaylor.com
3. WINE, Sofia Blane de Blanes, \$19, francisfordcoppolawinery.com
4. STATIONERY SET, Ancesserie, \$20, ancesserie.com
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PLACE MATS, *Sisters of Los Angeles*, \$32 for 4, sistersoflosangeles.com

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Spirit, evokethespirit.com

ESSENTIAL OILS,
Aveda, *Feeling
Balanced* Gift Set,
\$85, aveda.com

SURFBOARD DECOR,
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\$72.99,
dotandbo.com

CANDLE,
Tocca,
Candela in Marrakesh,
\$45, tocca.com

TOP, SHORTS,
Aerie,
\$29.95
each, aerie.com

UKULELE,
Sunnylife,
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sunnylife.com

PILLOW, *Madura*,
\$124, madura-home.com

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1

2



3



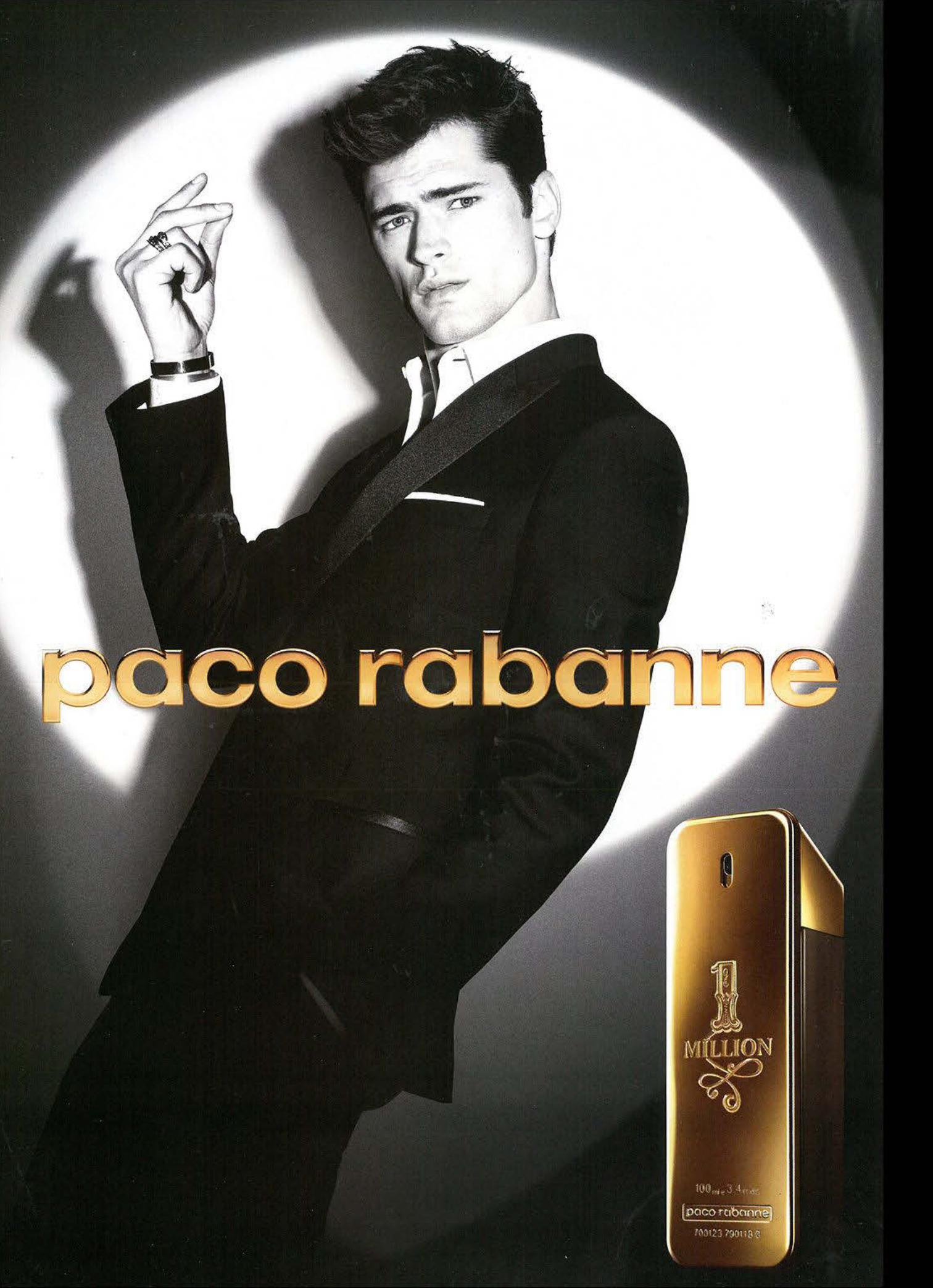
4



5

1. BAKING TRAY, *Marshalls*, \$19.99,
Marshalls 2. TERRARIUM, *Twig Terrariums*, \$25, twigterrariums.com 3. BOTTLE, *S'well*, \$25, swellbottle.com 4. ORNAMENTS, *Jayson Home*, \$14 each, jaysonhome.com 5. KEY CHAIN, *Parker Thatch*, \$15, parkerthatch.com

CROSS-BODY BAG,
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ninemwest.com



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x Maison Kitsuné,
Ultimate Sublime
Beauty Cleansing Oil,
\$42, shuuemura-
usa.com

EARRINGS,
Pandora,
\$50,
estore-us
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JACKET, Joe
Boxer, \$26.99,
kmart.com

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2



3



4



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Dabney Lee, \$24.99, target.com

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BELT, Alexander Olch, \$130, olch.com

SWEATER, Saint James, \$289, Saint James boutiques

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Sun 1.2.
SUUNTO

KAYAK, Clear Blue Hawaii, moda operandi.com

WATCH, Suunto, suunto.com

COAT, Patagonia, \$199, patagonia.com

BOOTS, Sperry, \$125, sperry.com

JEANS, Levi's, \$88, levi.com

BACKPACK, Herschel Supply Company, \$69.99, Nordstrom

KNIFE, Filson, \$500, filson.com

SOCKS, Stance, \$12, stance.com

WALLET, Salvatore Ferragamo, \$360, 866-337-7242

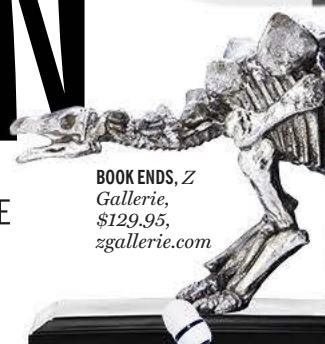


SUNGGLASSES, Ray-Ban, \$165, sunglasshut.com



FRAGRANCE, Maison Margiela Paris, Replica Jazz Club, \$125, Sephora

BOOK ENDS, Z Gallerie, \$129.95, zgallerie.com



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3. RAZOR, Harry's The Truman, \$10, harrys.com

4. BAR SOAPS, Molton Brown, \$22 each, moltonbrown.com

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NOTHING CHANGES YOUR LOOK FASTER THAN A FLICK OF BLACK LINER. HERE, SIX NEW WAYS TO GO FROM SAME OLD TO *OMG, STUNNER!* PLUS THE TOOLS THAT MAKE IT OH SO EASY.

BY LAUREN BALSAMO

Crushing on this feathered look from Fendi's fall show? Dip the tip of a flat eyeliner brush in black cream liner, blot with tissue, then fan it onto upper lids in short strokes.

BEAUTY

DIORSHOW PRO LINER
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Sexy, Squared

A boxy cat eye gives off cool-girl vibes. Get it with a bevel-tipped pencil. Hold it vertically to easily create the graphic stripe—then flip it to finely line upper lids.

DIORSHOW Pro Liner
Waterproof in Pro Black
#092, \$32, dior.com

Inner Liner

If you do nothing else, rim your inner lash lines (top and bottom). Doing so makes every eye color pop and your stare super intense. Key: this velvety soft, budgeproof pencil that glides on gently.

GUCCI Impact Longwear
Eye Pencil in Iconic
Black, \$32, saks.com



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BEAUTY

How to Look *Revenge* Hot

You're bound to see an ex over the holidays. Ooze eff-you confidence and look sexier than ever with lessons from these stars' breakovers (aka breakup makeovers).

BY LONI VENTI

LESSON 1
PLAY IT STRAIGHT

Kourtney Kardashian

Scott Disick

When Kourtney appeared on the red carpet post-split, jaws dropped. With glossy, pin-straight strands and a body-hugging frock, the usually conservative K sis commanded epic-level attention (à la Reese Witherspoon post-Ryan Phillippe in 2007...one of the most memorable breakovers ever!). Moral of the story: Fire up your straightening iron. Something about extra-sleek hair (even when you're naturally straight) makes an unforgettable entrance.



LESSON 2
STEP OUT OF YOUR COMFORT ZONE

Ariana Grande

Big Sean

Ariana's signature—that lush, high pony—is so well-known, it could have its own Twitter account. But when she and Big Sean went separate ways, Ariana spiced things up with a half-up topknot. A small switch, yes. But when predictability is your jam, even a tiny tweak signals you're embracing—not fighting—the change. Love her look? Pull the top half of your hair into a high pony, braid it, then wind into a bun, and pin. Run a boar-bristle brush through hanging strands to give them soft texture.



CLOCKWISE FROM TOP: STEVE GRANITZ/WIREIMAGE; GABRIEL OLSEN/FILMMAGIC; JIM SPELMAN/WIREIMAGE; STEVE GRANITZ/WIREIMAGE; AXELLEBAUER/GRINN/FILMMAGIC; STEVE GRANITZ/WIREIMAGE



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Jennifer Lopez

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BEAUTY



Gwen Stefani

Gavin Rossdale

What does a punk queen do to signal her new independence? She snips one side of her head into a fierce jagged bob then dip-dyes it black and purple. Such a dramatic reset inevitably gets people talking ("She has *sooo* moved on!")—you just have to one hundred percent commit to it. Rocking bold, trendy statement hair can be tricky, but according to Gwen's hair pro, Pantene stylist Danilo, "Gwen owns the look, the look doesn't own her." No doubt.

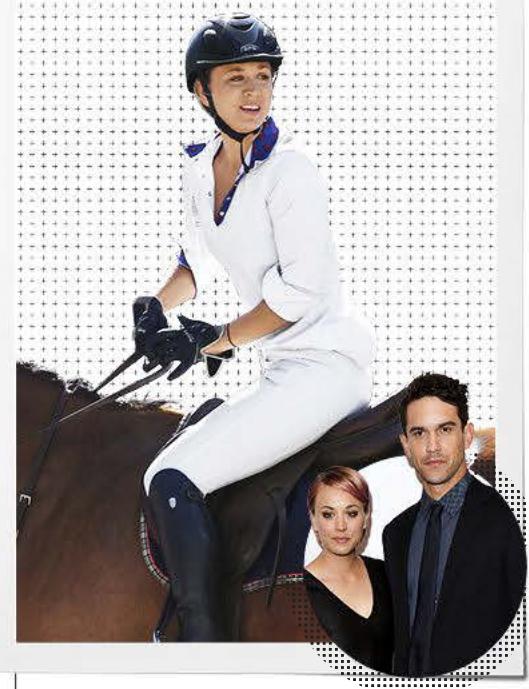


LESSON 4 PLAY WITH COLOR

Hilary Duff

Mike Comrie

Pastel hair: It's like a beauty happy pill. One look will make you smile...and will have everyone else spreading the word of your #NotSorry post-breakup self. Hilary tested out green, blue, and pink strands (you can too, with Splat's Complete Color Kit, \$10.39, drugstores) and added playful hues to her makeup. (Try loading lids with super-pigmented Maybelline New York Eye Studio Color Plush Silk Eye Shadow in Gusty Green or Purple Icon, \$8, Target.)



GET BACK ON THE HORSE!

RELATIONSHIP PRO SUSAN J. ELLIOT, AUTHOR OF *GETTING PAST YOUR BREAKUP*, SHARES WAYS TO MOVE ON.

GET BUSY Like Kaley Cuoco (above, who competed in a horse-jumping event the day after announcing her divorce from Ryan Sweeting), Elliot suggests immersing yourself in a hobby to help see the split as an opportunity.

RSVP YES Being social isn't just a great distraction. It reminds you of the endless opportunities that exist, separate from your ex, as well as friends who care about your happiness. (Tip: If you're not up to discussing your breakup, let your buds know in advance.)

DO YOU Eat veggies, hit the gym, get a blowout...anything to nourish your mind and body. Taking care of yourself helps you feel more in control of your future.



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BEAUTY

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ELF Essential Brushes and Cleanser Set, \$10, elfcosmetics.com

LIQUID CHEER

Sparkly merlot: an intoxicating twist on the usual red mani.

WHIM Nail Lacquer in Gone Glamorous, \$10, Ulta

SILVER BELLE

Packed inside a festive ornament, this gloss looks gorge on your lips (and tree).

SEPHORA COLLECTION Kiss The Moon Ornament Gloss, \$5, Sephora

CHAMPAGNE FLUSH

This glow-getter trumps a bottle of the cheap stuff, trust.

TARTE Easy Glowing Cheek Set, \$10, sephora.com

PETAL PUSHER

A floral scent spiked with sexy musk is equal parts naughty and nice.

FLOWER Fragrance Mist in Radiant, \$9, walmart.com

PLUM PERFECT

Visions of this luxe body butter will dance in their heads.

THE BODY SHOP Frosted Plum Mini Body Butter, \$7, thebodyshop-usa.com

\$10, TOPS!

SECRET SANTA EDITION!

Budget-friendly buys that make you look (and feel) like a million bucks

BY LAUREN BALSAMO

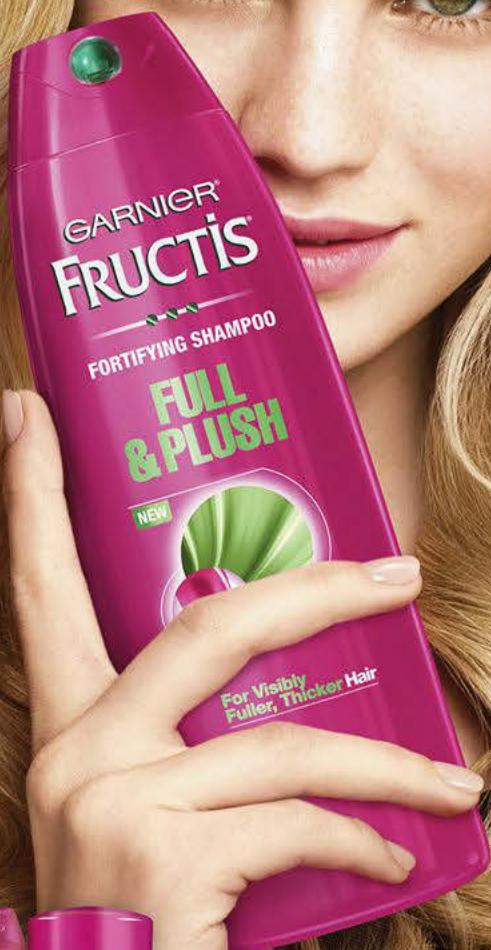
EYE CANDY

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MAKEUP REVOLUTION Unicorns Unite Salvation Eye Shadow Palette, \$10, Ulta

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THE STRENGTH TO SHINE

*vs. regular shampoo and conditioner

The Snow Globe Mani

Over the requisite holiday red? Shake things up with these snow-globe-inspired nail looks, created by Madeline Poole, global color ambassador for Sally Hansen. The combo of icy white and sparkle are equal parts trendy and festive.

BY LONI VENTI / PHOTOGRAPHED BY BEN GOLDSTEIN

THE LOOK

Winter Moon

1

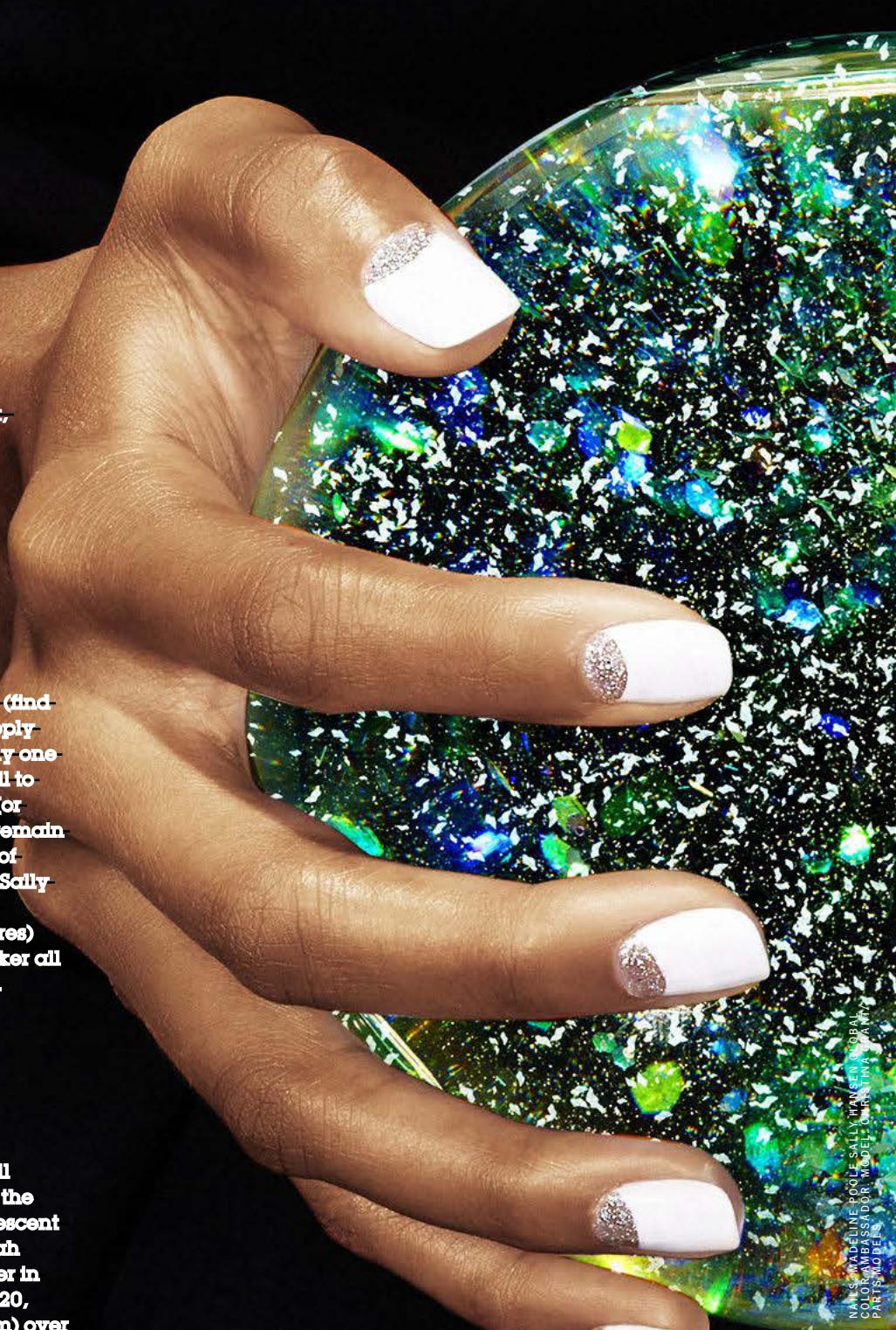
Start with a coat of clear polish. Use true lacquer, not base coat, which can dry matte.

2

Once dry, use hole-reinforcement stickers (find them at any office-supply store) as stencils. Apply one to the base of each nail to cover the natural arc (or moon), which should remain clear. Paint two coats of white (Madeline used Sally Hansen Miracle Gel in Get Mod, \$10, drugstores) from the top of the sticker all the way to the nail tip.

3

Let polish dry for 10 full minutes, then remove the stickers and paint iridescent glitter (we love Deborah Lippmann Nail Lacquer in Stairway to Heaven, \$20, deborahlippmann.com) over the clear moons.





1

Again, start with clear lacquer, and let it dry.

2

Apply nail striping tape (such as Cinta Gold Nail Striping Masking Tape, \$4.69, sallybeauty.com) horizontally across tips, placing some very close together for fine lines and some farther apart. The tape shields the natural nail from polish.

3

THE LOOK

Candy Stripper

Paint two coats of white—Sally Hansen's Get Mod (see Winter Moon) is perfect—over the tape, and let it dry for 10 minutes.

4

Remove the tape and fill in clear areas with iridescent glitter polish. For extra-skinny spaces, use a nail-art striping brush.

BEAUTY

A New Fragrance... for Free!

The average woman in her 20s and 30s owns eight perfumes. Master this scent hack—layering the ones you already own—and consider your options quadrupled. (Not a collector? Try our recommendations instead.)

BY DEANNA PAI



MEETING THE 'RENTS

A bright, tangy citrus like
CLINIQUE Happy Eau de Parfum, \$50, clinique.com

A velvety musk like
THE BODY SHOP White Musk Eau de Toilette, \$17.50, thebodyshop-usa.com

WHY IT WORKS

Sunny citrus notes balance the warmth of musk for a mix that's nuzzly but not OTT sexy...totally Mom-approved.



OR TRY
VINCE CAMUTO
Bella Eau de Parfum, \$82, macy's.com



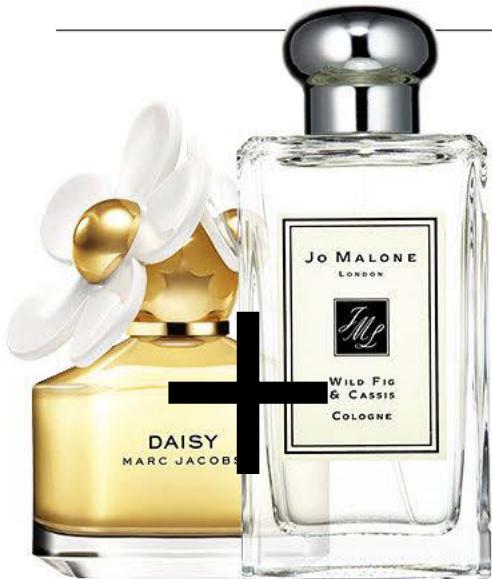
THIRD DATE

WHY IT WORKS

Dessert-like notes put an irresistible twist on a sophisticated p.m. perfume—the scent equivalent of sending a PG-13 selfie.



OR TRY
JENNIFER ANISTON
Near Dusk Eau de Parfum, \$55, Kohl's



DREAM-JOB INTERVIEW

Airy florals won't suffocate a potential boss, but those woody notes will convey confidence.



OR TRY
DKNY Be Desired Eau de Parfum, \$88, Macy's



SQUAD BRUNCH

WHY IT WORKS
The rich, juicy combo creates a cool, in-the-know vibe. Your BFFs will ask what you're wearing—and all about the latest dirt.



OR TRY
BRITNEY SPEARS
Fantasy Intimate Edition Eau de Parfum, \$37.50, Kohl's

A light floral like
MARC JACOBS Daisy Eau de Toilette, \$78, sephora.com

Crisp, herbaceous woods like
JO MALONE Wild Fig & Cassis Cologne, \$125, jomalone.com

WHY IT WORKS

Airy florals won't suffocate a potential boss, but those woody notes will convey confidence.

OR TRY
DKNY Be Desired Eau de Parfum, \$88, Macy's

Delicious, fruity notes like
BATH & BODY WORKS Beautiful Day Eau de Toilette, \$29.50, bathandbodyworks.com

A warm and exotic oriental like
GUCCI Guilty Eau de Toilette, \$77, sephora.com

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“Wait...Is That How I *Really* Look?”

If you've ever been depressed by a photo of yourself, the answer might be...take more.

Shannan Rouss on the strange power of a selfie.

I CAN COUNT on one hand the number of selfies I've taken. It's not just because I think it's kind of ridiculous. It's also that I really don't like how I look in pictures. If someone points a camera in my direction, I hide my face, like TMZ is papping me outside Katsuya.

I don't think I'm unattractive. But when I see myself in *pictures*? Horrified. My eyes go beady, my mouth narrows, my nose expands. Those cheekbones I thought I had? Gone. I start to wonder if the photos are actually more accurate. You might say that I have good self-esteem but horrible selfie-esteem.

Around the time of my wedding, I was feeling particularly camera-shy. Would I love how I'd look on the big day, only to hate how I look in the photos?

Hoping to overcome my photo aversion, I Googled *hate how I look in pictures*. I landed on Nolan Feeney's article for TheAtlantic.com, "Why Selfies Sometimes Look Weird to Their Subjects." He writes about "mere-exposure hypothesis,"



You might say that I have good self-esteem but horrible selfie-esteem.



which boils down to this: The more we see something, the more we like it. It's why I prefer my mirror image to my "true" image (how I look in photographs).

And what we see in the mirror is just a reversal of our features, not what people see when they look at us straight-on. Need proof? Try this trick: Take a selfie. As you're posing, it appears as a mirror image—what *you're* used to seeing. Once you snap it, the mirror "flips," showing you the image of yourself others see. Weird!

Feeney's article offers a solution to the problem—take *more* selfies. (Stay with me.) It makes sense, according to Pamela Rutledge, PhD, director of the Media Psychology Research Center.

"A photographer might shoot an entire roll of film to get one good picture," says Rutledge. In an interview with *The Daily Mail*, Kylie Jenner admitted she takes "like, 500 selfies" to get the right one. While this may seem narcissistic, Rutledge believes that taking more actually improves how we see ourselves. It becomes easier to dismiss a "bad" photo as

just that—a bad photo and not a reflection of how you really look.

I decided to embark on a little selfie exploration.

In the beginning, the pictures were not cute—really not cute. So instead of trying hard to look good, I decided to turn the next few selfies into jokes, hoping they'd turn out in the way Cara Delevingne's "ugly selfies" might (i.e., actually adorable). They didn't.

About two weeks before my wedding, I got my hair cut and colored. *This is it*, I thought. *The perfect opportunity for a share-worthy selfie*. Still, each one was worse than before.

Eventually, the Big Day arrived. Once I was glammed up, I took a #WeddingSelfie of me with my dog. It wasn't my dog's best picture and my smile was a little goofy, but I didn't mind. I felt less selfie-conscious than before, but truth: I only took one...I just didn't have it in me. I know a bad pic shouldn't be a buzzkill, but I'll need a few more selfie sessions before I can delete one, not just from my phone but also my mind. ■

MARY KAY

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BEAUTY

THE SKINNY ON...

SUGAR FACE

OOC breakouts? Fine lines rolling deep? A holiday sweet tooth could be to blame. Indulge and counteract carbs' side effects with these secrets.

BY JESSICA MATLIN



1. **MURAD** Anti-Aging Moisturizer Broad Spectrum SPF 30/PA+++, for blemish-prone skin, \$48, murad.com
2. **YES TO BLUEBERRIES** Age Refresh Face & Neck Oil, \$15.99, drugstore.com
3. **CLINIQUE** Sculptwear Lift and Contour Serum for Face and Neck, \$54.50, clinique.com
4. **PERRICONE MD** High Potency Face Firming Activator, \$125, perriconemd.com
5. **CAUDALIE** Resveratrol Lift Night Infusion Cream, \$76, caudalie.com

STICKY BUSINESS

Cookies and cake aren't just bad news for skinny jeans. In a process called glycation, sugar binds to skin's proteins and lipids, altering them to form advanced glycation end-products (or AGEs)—mutant molecules that warp your collagen and elastin, responsible for giving skin its dewiness and bounce, says Nicholas Perricone, MD, who studies the impact of food on aging. They also hitch onto blood vessels, preventing nutrients from nourishing skin, says Manhattan derm

Macrene Alexiades-Armenakas, MD. In the end, "skin starts to wrinkle, look dull, and lose tone," says Dr. Perricone. AGEs, indeed.

Premature aging isn't the only concern. "High carb intake is associated with a spike in oil, increasing your chances of adult acne," says Dr. Alexiades-Armenakas.

SUGAR CRASH

A few holiday cookies won't kill your complexion. But your body has memory, and glycation is cumulative, says Dr. Perricone, who pinpoints the late 20s as the time we start noticing its effects.

Not only does the damage compound, it gets worse the older you get. Think about it like this: "When you're 21, you can drink a lot and not get a headache the next morning," says Dr. Alexiades-Armenakas. But it's harder to rally when you near 30. "You don't have the same ability to process the toxic content.... It's the same situation with your skin."

SWEET SPOT

Both docs subscribe to the "everything in moderation" philosophy but recommend cutting back on refined (aka white) sugars.

To indulge without feeling sugar-shamed:

► "One treat a day is fine," says Dr. Alexiades-Armenakas. The recommendation is around 6 teaspoons of [or 100 calories from] sugar. Read nutrition labels, and download the MyFitnessPal app—it's an amazing resource. You'll find innocuous foods, like a store-bought green smoothie, can have up to 10 teaspoons of sugar. (For context, a Chipotle burrito bowl can have under 2.)

► Swap sugary cocktails for red wine—compared to white and rosé, it has the least amount of sugar and highest amount of resveratrol, which can fight the signs of aging, says Dr. Alexiades-Armenakas.

► Fill up on antioxidant-rich veggies and fruits (blueberries are particularly powerful). Even better, incorporate an antioxidant-rich skin treatment (like the ones below), meant to protect, and in some cases spur, collagen and elastin.



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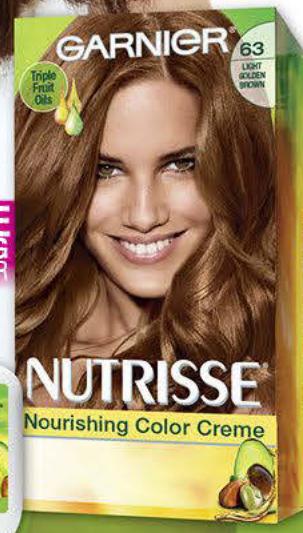
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MORE?
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— TINA FEY IN #63

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Great taste is in our nature.



BODY

EDITED BY
SARA AUSTIN &
DANIELLE McNALLY

Swim Your Way Slim

SWIMMING BURNS
HELLA CALORIES
(400+ AN HOUR!) AND
UPS BALANCE AND
COORDINATION. BUT
IF YOU'VE NEVER DONE
LAPS, IT CAN BE
INTIMIDATING. DON'T
LET IT BE. TURN
THE PAGE FOR TIPS
FROM 12-TIME
OLYMPIC MEDALIST
DARA TORRES.

FITNESS BUZZ

CONTINUED...

SHARING IS CARING

If it's crowded, you may need to share a lane. Wait for the current swimmer to approach the wall, stick one hand under the water to get her attention, then ask to split. Check with the guard about designated slow versus fast lanes.

CIRCLE UP

Before joining a lane with someone, notice how she's using it. Is she staying in one half or keeping to her right both ways (called circling)? Follow suit. If your lane buddy is into butterfly and you're more of a breast-stroker, just let her pass.

REST RIGHT

If you need to take a breather, you don't have to get out of the pool, but you do have to get out of the way. Head to the end of your lane and scoot as far to one side as you can get.

—ANNA MALTBY

WORK OUT, BREAK OUT?

Exercising can give you a hot bod but also skin probs. "If you build muscle or lose fat, your hormone balance shifts, which may cause issues that weren't there before," says dermatologist Jessica Krant, MD. Here's help for the ick.

Bacne

Such a bummer. Use a cleanser containing benzoyl peroxide, like **Neutrogena Clear Pore Daily Scrub** (\$6.99, neutrogena.com), and clean with a back brush, says Tina West, MD, a dermatologist in Maryland. For persistent pimples, see your dermat for an antibiotic, in-office "back facial," or light chemical peel.

Scaly Skin

"Many athletes have very dry skin due to frequent bathing...and for swimmers, exposure to chlorine," says Dr. West. Use a moisturizer with lactic acid, such as **AmLactin Ultra Hydrating Body Cream** (\$16, Target). It breaks through the top layer of skin, so the lotion is more effective.

—LAUREL LEICHT

Bikini Bumps

Sweat plus friction can spell disaster for your bikini line (and under-arms). Shave at the start of your shower, suggests Dr. Krant. Hairs won't have time to swell, so they're less likely to shrink up under skin after. Treat red spots with **Tend Skin** (\$16, tendskin.com), which has acetylsalicylic acid to relieve irritation.

SWEATY
SKIN IS SEXY
SKIN.



YOU'RE GLOWING!

Don't let short days and cold temps keep you from your fave outdoor workout.

These chic reflective pieces will keep you safe and in shape.

—AMY SCHLINGER



HELLY HANSEN *WAspire Norvitz long sleeve (\$100, hellyhansen.com) is subtle by day, bright by night.*



*The dots in the snakeskin print on these **LULULEMON** Speed Tights (\$198, lululemon.com) gleam.*



NIKE *LunarGlide 7 Flash sneakers (\$140, nike.com) glow in a rainbow of colors.*



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COSMOPOLITAN

SPECIAL ISSUE

BEST ADVICE EVER

**GET YOUR
SEXY ON**

Hair, Skin & Fitness
Tricks to Try Today!

**SEX!
LOVE!
WORK!
MONEY!
HAPPINESS!**

**ON SALE
NOVEMBER
27TH**

FOOD BUZZ



SASHIMI

Lean proteins (like salmon, tuna, amberjack, and mackerel) pack a ton of omega-3s. Add a cup of edamame for 8 extra grams of healthy fat.

SUNFLOWER SEEDS

Toss a handful on your salad. They're high in protein, and most of the 16 grams of fat is heart-healthy.

OLIVES

Seven olives have 3 grams of good fat and just 28 calories. Serve with olive oil, crushed garlic, rosemary, and orange peel.

BUTTER

It's better than margarine, which can have must-avoid trans fats. One tablespoon on a slice of bread is a good limit.

EGGS Whites aren't better! Unless you have high cholesterol, eat them whole (up to four per week). The yolk holds the omega-3s.

NUT BUTTERS

Two tablespoons of unsalted almond butter has 18 grams of good fat. Peanut and cashew spreads also do the trick.

Yes, You Can Eat Fat

Don't ban the F word from your diet. The right kinds (monounsaturated fats and omega-3 fatty acids) can reduce your risk of cancer and obesity, protect your heart, and make you brainier. If you've met your #AvocadoToastGoals for the week, try this other stuff. **BY HELEN ZOOK**

SOURCE: THE MAYO CLINIC



TOTES NOT WORTH IT

Saving the planet has a slight downside: Customers who bring reusable shopping bags to the market are more likely to buy indulgent, unhealthy foods than shoppers who don't, a new study from researchers at Duke University and Harvard Business School reports. Knowing you did something virtuous may lead you to believe you've earned a reward, the study authors surmise. Great job not polluting, but give yourself a pat on the back, not an entire bag of Milano cookies.

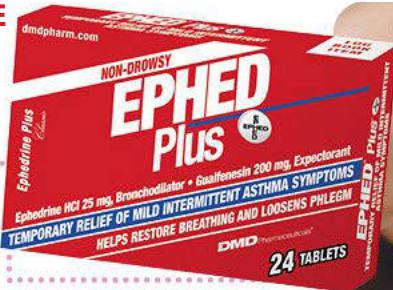
—DANIELLE KAM

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4 Facebook.com/Cosmopolitan

THE 9-MINUTE WORKOUT!

There are presents to be bought and airports to wait in (#FML), so exercising seems like the last thing you have time for. But as CosmoBody trainer Adam Rosante shows Cosmo senior editor **Danielle McNally**, it's totally doable—they didn't even leave the office. Perform as many reps as you can in a minute, then move on to the next exercise. At the end of the circuit, rest one minute, then do it again. That's it!



WORKOUT



1 TOP-TO-TOE TONER

Stand with arms at sides. Jump to the left, clapping hands overhead **[A]**. Land softly, then drop to high plank. Draw left knee to left elbow **[B]**. Straighten; repeat with right leg. Do a push-up. Hop up. Repeat it all, jumping to the right this time. Continue, alternating sides.

RACE YOURSELF This move is *complicated*. Rosante advises aiming to do 8 reps a minute at first. Add more as you get fitter.



2 RUNNER'S LEGS

Lie facedown on the floor, hands under shoulders, toes tucked. Straighten arms as you step right foot forward into a lunge **[A]**. Push off floor with left foot, driving knee toward chest **[B]**. Immediately switch knees, and continue sprinting in place.

TAKE A BREATHER Winded but the minute's not up? NBD. Drop down to starting position, rest a few seconds, then pop up and go again, suggests Rosante.



WORKOUT



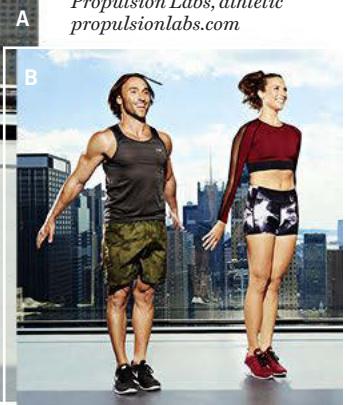
3 BUTT BURNERS

Stand with feet together, arms at sides. Hop feet to shoulder-width apart, and land in a squat, bringing hands to chest height [A]. Hop feet back together as you straighten legs and extend arms [B].

TRUE TO FORM Deeper is better for squats—you'll really fire up those glutes—but lower only as far as you can while keeping a neutral spine.

ON ADAM: TANK, SHORTS, C9 Champion, similar styles available at target.com/c9. SHOES, Nike, nike.com.

ON DANIELLE: TOP, Michi, michiny.com. SHORTS, C9 Champion, target.com/c9. SNEAKERS, Athletic Propulsion Labs, athleticpropulsionlabs.com



4 STRONG-ARM 'EM

Get in high plank with hands touching under chest, body aligned from head to heels [A]. Bend elbows so body hovers above floor [B]. Pause, then return to start.

EASE UP In this move, the triceps are doing almost all the work, making it a toughie even for advanced exercisers. Drop to knees if needed.



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Your free box will be the 4 snack sampler box. Deliveries can be cancelled prior to your cut-off. Full Ts & Cs at graze.com/help/terms



1. *All the Bright Places*
"Touching, vibrant."

—BuzzFeed



2. *Finding Audrey*
"Heartwarming."

—Us Weekly



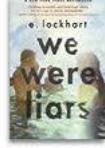
3. *Everything, Everything*
"Thrilling. . . . Wholly original."

—Bustle



4. *I Love My Hair*
"Will inspire your inner artist."

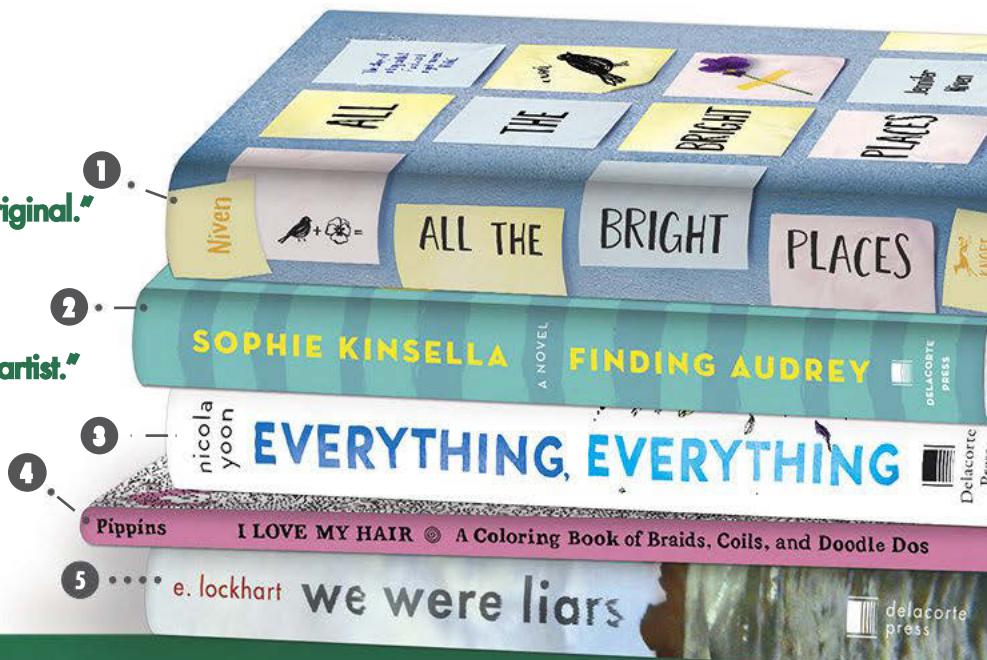
—The Huffington Post



5. *We Were Liars*
"Blisteringly smart."

—John Green

5 Books Every *It-Girl* Needs This Holiday Season!



Gifts to open again and again . . .

HolidayMustReads.com

Are We Too Afraid

IT'S A MOSTLY BENIGN SKIN CONDITION THAT MILLIONS OF PEOPLE HAVE. SO WHY DO WE ACT LIKE IT'S A SEXUAL DEATH SENTENCE?

BY ANDREA BARTZ

AT MY LATEST GYNO appointment, I cheerfully asked the nurse practitioner to give me the full workup of STI exams. I'd dated a few new guys, and although I'm careful, I like the peace of mind of an annual all-clear. She rattled off the diseases she'd be testing for. One wasn't there. "And herpes, right?" I asked. The answer: a definitive no.

Since I'd never had an outbreak of sores, there was nothing to be gained from the blood test, she said. She'd tested women like me at their insistence, and when the test was positive, "they were traumatized." Patients had reacted better to an HIV diagnosis. "At worst," she told me, "it's cold sores on the genitals."

I was floored. *No way*, I thought. But she's right: The condition is mostly harmless and very common. It's not curable, but it is controllable. While some providers do encourage herpes screenings, many, like mine, do not. Even the Centers for Disease Control and Prevention (CDC) and The American College of Obstetricians and Gynecologists advise herpes tests only for

symptomatic patients or those with a partner known to have the virus. It's the stigma surrounding herpes—that it is gross and worthy of ridicule and happens to bad people—that's malignant.

"I was devastated," says Chloe Austin, 23, from San Diego, about getting the diagnosis. "I felt ugly. I was angry, because I'd followed the rules—I used a condom!" Alex Rodriguez, a herpes-positive 22-year-old in NYC, had a similar reaction: "I was hysterical. I'd had sex with maybe five guys. I'd just turned 21. I was like, 'Fuck.'"

This kind of distress is typical but, experts say, unwarranted. "We turn herpes into something tragic when it's not a big deal," says Jaime Myers, PhD, an assistant professor of health and physical education at Monmouth University. "It's a skin rash—if you even get the skin rash."

Genital herpes (aka herpes simplex type-2) is insanely prevalent, affecting 1 in 5 American women ages 14 to 49. It's spread by vagi-



SEEING SPOTS?
DON'T FREAK OUT. YOU GOT THIS.

of Herpes?



nal, oral, and anal sex, so unless you're abstinent or your partners haven't had sex of any kind, you can't totally safeguard against it. Condoms lower your risk, but the virus can reach skin from the area outside one. Many people transmit herpes unknowingly: Up to 90 percent of carriers never have an outbreak.

What's more, "if you're asymptomatic and you learn you have herpes, there's not much we can do," says Monica Patton, MD, a medical epidemiologist in the division of STD prevention at the CDC. If you don't have sores, you don't need drugs. "I'm left saying, 'I have no idea when or where you got it or if you could transmit it,'" says Maura Quinlan, MD, an ob-gyn in Chicago. "But it's like a scarlet letter, which is silly."

The minority who do experience sores find they are spotable and controllable. Couples can protect themselves by alerting current and future partners, using condoms or dental dams, and avoiding sexual contact when they have an outbreak or feel one coming on. Dr. Quinlan says antiviral drugs can shrink the severity and frequency of out-

breaks—women have a median of four the first year; the initial one is the most painful and may bring on flu-like symptoms—and lower the likelihood of spreading herpes by 50 percent. If you're pregnant, you'll need meds to reduce the small risk of passing herpes to the baby. There's a higher risk of contracting HIV—obviously serious, but the chances you'd be in that situation are super rare. It could happen if you have sexual contact with an HIV-positive person during an outbreak, since sores bleed easily.

So not much happens to your body, but plenty happens to your spirit: Quality of life plummets after diagnosis, per research in the journals *Sexually Transmitted Infections* and *Genitourinary Medicine*, and low sexual self-esteem and anxiety about sex linger for years, says Myers. "I was depressed for a long time," says Austin. "Who would want to sleep with someone who had herpes? I felt incredibly alone." Eventually, she joined an online support group. "The more I read other people's stories, the more I realized it isn't a big deal," she says.

But why, then, is the stigma so pervasive? In addition to the hang-ups we have about STIs in general, herpes is incurable (unlike, say, chlamydia). Plus, it's visible. Other infections, whose effects on health are worse, just

aren't as obvious, Dr. Quinlan notes. "It's ironic that herpes has a stigma when nobody dies of it," she says. "Meanwhile, HPV can cause cancer."

Even some public health campaigns and sex-ed classes, however well-intentioned, use hyperbole and worst-case scenarios to scare people into action around prevention. Often, the opposite occurs. "Stigma has consequences," Dr. Patton says. "It can discourage people from getting tested or seeking treatment if they have sores, from talking to their partner or doctor, and from taking part in studies, which would help find better treatments or vaccines or cures."

Both Austin and Rodriguez came to terms with their diagnoses, and both are in relationships. Dating sites exist exclusively for herpes-positive people, but experts say carriers shouldn't feel limited. "Although the risk of transmission is never zero, herpes shouldn't be a barrier to love, sex, and pleasure with anyone," says Fred Wyland, a rep for the American Sexual Health Association.

As Austin's confidence rose, she began bringing up her status to both friends and partners. "If people make herpes jokes, I ask them to stop. I'm no longer ashamed to have a common virus," she says. Rodriguez puts it more simply: "It's not the end of the world." ■

GET YOUR BEST SLEEP EVER...

SEX IS FANTASTIC.
SHARING A BED
CAN BE HARD.
WHAT CAN YOU DO
WHEN SLEEPING
WITH YOUR BAE IS
A NIGHTMARE?

BY SARA STEWART

Love should make you glow, not give you under-eye bags. Yet as many as half of coupled-up people have a mate who disturbs their sleep a few nights a week. Cumulative sleep loss can be bad for you and your 'ship. A Duke University Medical Center study found women suffer more consequences from poor sleep than men do, including greater feelings of depression, anger, and hostility and

a higher risk of heart disease and diabetes. Our Rx: Keep your BF, send your sleep habits to couples therapy.

If Your Lover's a Snorer...

Amanda Chatel met her future hubby on a trip to Paris. It was unexpected bliss—until bedtime rolled around. "I don't even know a word for the sound Olivier makes when snoring," she says. "It's a cross between a bear and a horse." If her complaint sounds familiar, that's because men are more likely to snore (not necessarily their fault—some men have bigger upper airways), while ladies tend to be lighter sleepers.

...DROWN IT OUT

Perhaps the first purchase to make as a couple: a white-noise machine. The Marpac DS Dohm (\$50, marpac.com) is the gold standard in snore-masking because it generates sound via a fan rather than a loop of recordings (which tend to contain detectable blips). Cheaper are quality earplugs. Insomniac turned sleep expert Ethan Green, of the blog *No Sleepless Nights*, declares Moldex SparkPlugs foam earplugs (from \$15 for 50, amazon.com) tops; they're the official earplugs of NASCAR. Ask your sweetie to consult a doc too—he may have sleep apnea, which can be serious if left untreated.





If Your Phones Keep You Up...

Many people keep their smartphone or tablet by the bedside, rolling over to check it when they wake during the night (or worse, leave audible alerts on). It's not just inconsiderate, it's also unhealthy—science says so! The blue light in smartphones and tablets suppresses melatonin (the

sleep hormone) for twice as long as other colors on the light spectrum and can upset circadian rhythms by as much as three hours, according to Harvard researchers. The result: One of you spends half an hour on the iPad while the other covers their eyes with a pillow. An hour later, you're both having trouble dozing off because your brain thinks it's daytime.

...ADJUST THE SCREEN—

OR BAN IT

If you must bring your devices to bed, the EasyEyes, Twilight, and F.lux apps help reduce the amount of blue light coming from your device. Or try reading on a tablet without a backlight (like basic versions of the Kindle or Kobo Touch) and dim the screen's brightness setting. Note: Some experts believe this is an area where compromise shouldn't apply. "If one person wants to use a smartphone or an e-reader, they need to leave the bedroom," says Vatsal Thakkar, MD, clinical assistant professor of psychiatry at NYU School of Medicine, who thinks a filter doesn't go far enough.

If Your Lover Is Restless...

Let's talk about your guy's nightly flailing...or in the case of one unlucky lady, his sleep-pedaling. "My husband has ridden his bike in his sleep," reports Kate Flinn, whose spouse is an avid cyclist. Disrupted sleep may seem like a minor deal, but sadly, a full night of interrupted sleep is the physical equivalent of getting just four hours, a Tel Aviv University study found. A slew of other studies report that clocking less than 7 to 8 hours of quality zzz's can trigger everything from weight gain to memory loss.

...UPGRADE YOUR MATTRESS

This is one bedroom situation when size does matter: A

queen is 6 inches wider and 5 inches longer than a full; a king gets you another 16 in width. Even better: A split version, in which one bed frame holds two mattresses, lets him roll without you rocking. For less than \$1,100, new brand Helix Sleep will even customize each side to match your personal preferences. Once you've selected a size, check the material—memory foam and latex are the most effective at reducing the impact of movement.

If All Else Fails...Sleep Elsewhere

Jennifer Adams never thought she'd be *that person* when she moved in with her now-husband. They set up a cozy bedroom together, and "we lasted a week," she says. He's a morning person; she's a night owl. Exhausted and desperate, he moved into their guest room. They've been together happily for 11 years. Unsexy as it seems, sometimes it's impossible to blissfully share a single room...and there's nothing wrong with that. One recent Canadian study found that between 30 and 40 percent of couples sleep apart and that the practice could significantly improve relationships. "There are plenty of other ways to connect and have intimacy. It doesn't have to be sharing a bed," says Rachel Sussman, a therapist and relationship expert in New York City. "It's paramount to get a good night's sleep." ■

...TOGETHER

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ALL OF THE
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YOURSELF THE
GIFT OF A
BLISSFUL AND
BADASS HOLIDAY
SEASON.

WHAT'S
SEXY
FOR DECEMBER

PHOTOGRAPHED BY MATT JONES. FASHION DIRECTOR: AYA KANAI. HAIR: MARK TOWNSEND FOR DOVE HAIR CARE.
MAKEUP: FRANCESCA TOLI FOR CLOUTIER REMIX. MANICURE: LINDA BOUNTSAYONG AT THE NAIL OFFICE.
NOLENSVILLE, TENNESSEE. PRODUCTION: FIRST SHOT PRODUCTIONS. SEE PAGE 194 FOR SHOPPING INFORMATION.

DRESS, BELT, Oscar de la Renta.
SHOES, Dune London. RING (left
ringfinger, worn throughout),
Carrie's own. JEWELRY, Mayson



THE ARRIE DIARIES

FROM ASKING JESUS TO TAKE THE WHEEL TO HER LATEST SINGLE, "SMOKE BREAK"

("SOMETIMES I NEED A LONG DRAG..."), **CARRIE UNDERWOOD** ALWAYS

KEEPS US GUESSING. ON THE RELEASE OF HER NEW ALBUM, *STORYTELLER*,

COUNTRY'S BIGGEST CHAMELEON REVEALS HER TRUE COLORS.

BY **JEWLY HIGHT**



PHOTOGRAPHED BY **MATT JONES**



FASHION DIRECTOR: **aYA KaNAi**

7

"I MIGHT BE BURSTING SOME BUBBLES RIGHT now," Carrie Underwood says with a shrug. We're holed up in a cozy room in a downtown Nashville photo studio. Minutes earlier, a flock of stylists were fussing over her golden tresses and smudging her eyeliner just-so in pursuit of on-camera perfection. But that's not how things go down on her tours—those splashy affairs featuring *all* the costumes, multi-tiered stages, and Jumbotrons. "On the road," she says, tucking her mile-long legs beneath her on a leather armchair, "I do my own hair and makeup." Bubble, meet pin.

It's been a decade since *American Idol* made the Oklahoma native everybody's favorite country-pop diva next door. Since her *Idol* victory, she's won seven Grammys, sold more digital singles than any other country artist, and moved more than 56 million records worldwide. So yeah, to picture a star of her caliber rolling up to her sold-out arena show, grabbing the blush brush, and doing her own contouring is just...wait, *whaaat*?! But then, Carrie's brand of being just like us is what's positioned her as so much more than a country singer. Now 32 and married to pro-hockey player Mike Fisher—their son, Isaiah, will be a year old in February—the woman is everywhere: See her as the face of Almay, hear her as the voice of *Sunday Night Football*, and wear her for your morning run (be it for coffee or cardio). Her activewear line, Calia by Carrie Underwood, staged its first New York Fashion Week show last September. Then of course, there's her music, which has a way of penetrating the depths of every emotion. One minute, she's ping-pong your revenge fantasies; the next, she's speaking to your spiritual striving. Carrie's complicated like that...and then some. Here, she breaks down all the reals.

Paging the Superstar in Aisle 9

"I was at the grocery store recently, and I saw a look on this guy's face. He was like, 'You buy groceries?!" All I could say was 'I gotta eat.' He was flabbergasted that I was there by myself buying

bEAuTY tip

STEAL CARRIE'S STYLE, AND PAIR A STATEMENT DRESS WITH A SOFT SMOKY EYE. ALMAY'S INTENSE I-COLOR EVERYDAY NEUTRALS, \$8.50, COMES IN FOUR PALETTES—ONE FOR EVERY EYE COLOR.



PREVIOUS PAGE: TOP,
Lovers + Friends.
SKIRT, *Just Cavalli*.
SHOES, *Chelsea Paris*.
NECKLACE, CUFF,
Smith + Mara.
THIS PAGE: DRESS, *Maria Lucia Hohan*. SHOES,
Jimmy Choo. EARRINGS,
Shaylee Rose Jewelry.
NECKLACE, *Monica Rich Kosann*. BRACELET, *Blue Nile*. RINGS (star ring),
Andrea Fohrman;
(double ring) *Phyne by Paige Novick*

oatmeal and baby formula. I still have to be me at the end of the day. I don't want to go home and feel bad because I am normal. I will never feel bad for being normal."

Body After Baby? MYOB

"After I had Isaiah, I was doing stuff for the CMA Music Fest, and the first headlines weren't 'Oh, she's performing! We're excited!' It was 'Carrie Underwood's first post-baby show!' I felt pressure [to lose weight], but I didn't cave into it. I was excited to be able to reclaim my body because you are lending it out for 40 weeks basically. It doesn't feel like yours at the end at all. But I wanted to do it for me—not because of what other people might view it as."

Country Girls, Unite

"I try to stand up for women in my genre. The numbers have always been skewed. Even when I was growing up, there was a lot more room for females. Martina McBride, Patty Loveless, Reba, Trisha Yearwood, Mary Chapin Carpenter. Now there aren't many. When I go to vote for the Country Music Awards, I have to write in names—I can think of, like, three who are really active. Women have to work harder to get half the recognition. I am one of the lucky ones. But there are some extremely talented, gorgeous, smart, strong women in this town."

Modesty Is the Best Policy

"I don't ever want to do anything that could someday embarrass my son or my future children. There are certain people who I think, What would they think about this? It would be easy to come to a photo shoot or go to a red carpet and have someone be like, 'You should

"RELYING ON GOD OR WHATEVER IT IS THAT YOU BELIEVE IN TAKES A LOT OF STRENGTH. AND I LOVE STRENGTH. I ESPECIALLY LIKE STRONG WOMEN."



wear this!' But then I would feel uncomfortable and probably not like the pictures. You can be sexy and flirty but still be modest."

#EEEats

"I am one hundred percent vegetarian all the time and have been for more than 10 years. It bugs me when people are like, 'I can't believe you don't eat meat! How are you going to raise your son?' I'm like, 'I don't come down on you for what you eat!' That's personal. You eat multiple times a day, and what you put into your body is such a personal thing. I just want our son to know that it's a big world—there are a lot of different things. Ultimately, I'll have nothing to do with his food decisions."

The Carrie Has Two Sides

"When I am onstage, I am not Carrie: I am *Carrie Underwood*. Obviously, I would never run off to Vegas and get drunk and marry a guy or trash some guy's car.

But everybody has had somebody who's cheated on them or some jerk they dated. Think of all the things you would do to them if you just had the guts or there were no consequences. It's fun to become those characters and live out those fantasies onstage. Then I go home and I am just, 'Hey babe.'"

About the Mister

"Everyone is getting divorced. They're dropping like flies! But we are good. It helped that we were both established before we were married. Neither one of us could be like, 'I didn't know it would be like this!' Our personalities are such that we don't need to be together all the time. I kind of like it when I go away for a couple of days or he goes away for a couple of days. It is nice to miss the person you love. You never know what it is like without them if you are always together."

Fan-Fic Fall

"My best friend and I were taking a peek at some fan fiction, and she was in it. They killed her off! She got cancer and died. I was like, that's enough of that. But it's interesting, we've all got imaginations. And [Mike and I] are pretty private, so I feel like people have to fill in the blanks of what's going on in our lives themselves."

It Ain't All Honky Tonks

"If you talk to somebody who didn't grow up around [country music], they have the stereotype that it's hillbilly, that we're all singing about divorces, Mama, and trucks. And some of that is true, but there are so many different kinds of artists influenced by everything—R&B, pop, rock. Trucks though? Trucks will always have a place in country music. Come on." ■



PREVIOUS PAGE:

DRESS, *Emanuel Ungaro*.
NECKLACE, *Shylock*
Rose Jewelry. RING, *Ash + Ames*. THIS PAGE: SWIMSUIT,
Karla Colletto. SHORTS, *AG*.
SHOES, *Dsquared2*.
EARRINGS, *Zoe Chico*. SCARF
(worn as belt), *Rockline*

HAIR: *Mark Townsend* for
Dove Hair Care. MAKEUP:
Francesca Tolot for
Cloutier Remita. MANICURE:
Linda Bourriauwong
at *The Nail Loft* of
Nolensville, Tennessee.
PRODUCTION: *First Shot*
Productions. See page 194
for shopping information.

GILT TRIP

THIS WINTER, GIVE
YOUR LOOK THE
MIDAS TOUCH.
WHETHER YOU'RE
A YELLOW, WHITE,
OR ROSE KIND OF
GIRL, THESE
LUXE METALLICS
ARE THE NEW
GOLD STANDARD.



Yellow

Nothing glitters like 24-karat gold. Need another reason to get gilded? Pat McGrath, the makeup master behind thousands of runway looks (including the metal mouth at left), recently launched an exclusive, limited-edition pigment called Gold 001. (So coveted, celebs and models lined up at Paris Fashion Week to let Pat dust them with her creation!) Strike it rich with glittery lids, gilded lips...even gold-dusted bangs.

1. KAT VON D *Metal Crush Eye Shadow in Trasher*, \$21
2. RIMMEL LONDON *ScandalEyes Eye Shadow Stick in Gold Digger*, \$4.50
3. MAYBELLINE NEW YORK *Eye Studio Color Tattoo 24HR Cream Gel Shadow in Bold Gold*, \$7
4. CLINIQUE *Skinny Stick in Olive-tint*, \$16.50
5. LAURA MERCIER *Metallic Crème Eye Colour in Burnished Copper*, \$24
6. DIOR ADDICT *Fluid Shadow in Phenix* #45, \$31



MARSH MAMA



BY LONI VENTI

STILLS BY JEFFREY WESTBROOK

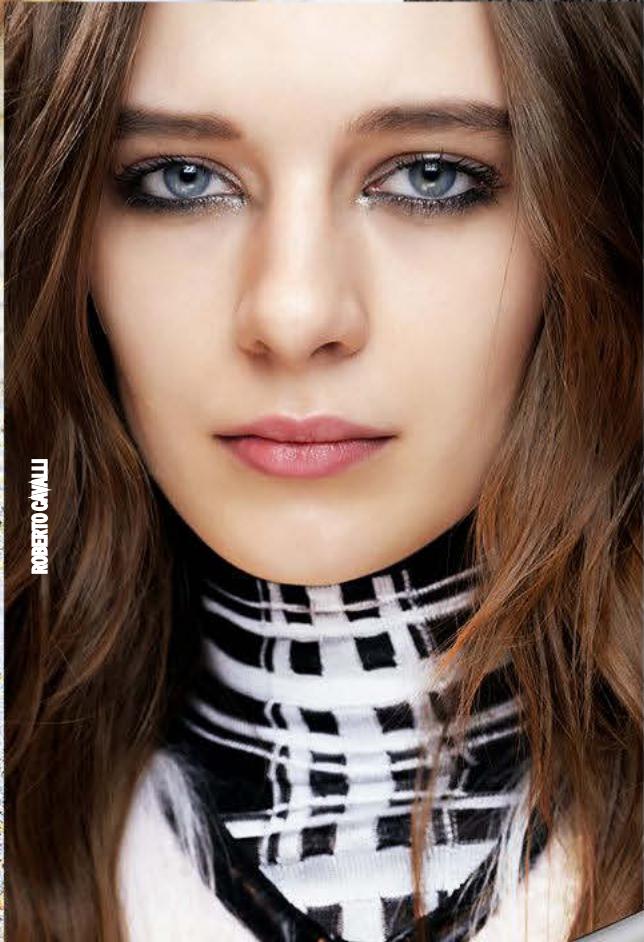
White

Icy and modern, white gold is reminiscent of tinsel and shimmering new snow. It's an instant highlighter, reflecting light wherever it's applied. Glitz up your gaze with iridescent pencil, or swap your smoky eye for platinum shadow. For an edgier sci-fi vibe, try foil-tip lashes: Apply regular mascara, then dab still-damp lashes with loose metallic pigment.

DEL POZO

1. SMITH & CULT
Nailed Lacquer in Teen Cage Riot, \$18
2. PHYSICIANS FORMULA
Shimmer Stripe Custom Eye Enhancing Extreme Shimmer Shadow & Liner in Smoky, \$12
3. GIORGIO ARMANI
Eye Tint in 17, \$38
4. COVERGIRL
Bombshell Shine Shadow by LashBlast in Platinum Club, \$7
5. CHANEL
Illusion D'Ombre Long Wear Luminous Eye Shadow in Mysterio, \$36
6. L'ORÉAL PARIS
Voluminous Superstar Mascara, \$11

ROBERT OGAWA





1. ESTÉE LAUDER

Pure Color Blush
in Mauve
Mystique, \$32

2. TOPSHOP Beauty
Glow Dome in
Zephyr, \$14

3. MARC JACOBS

BEAUTY Enamored
Hi-Shine Nail
Lacquer in 112 Le
Charm, \$18

4. SMASHBOX L.A.
Lights Blendable
Lip and Cheek
Color in Silver
Lake Sunset, \$29

5. L'ORÉAL PARIS
Infallible Pro-Last
Lip Color in
Permanent Blush,
\$13

6. LANÇÔME Color
Design
Sensational Effects
Eye Shadow in Off
the Rack, \$20

NICE + OUCH





ZACPOSSEN

Rose

What happens when gold gets kissed by a hint of pink? This dreamy, romantic shade. Ranging from pale blush to rich copper, the hue adds a fairy-tale flush and warms up every complexion. It's like nude but more majestic. Let it inspire your next hair color (or hair accessory). Sweep it across your cheeks, lids, or lips. Choose it in place of your go-to neutral nail lacquer. Then enjoy *la vie en rose*.

PLEASE
ALKIS

Anna Papadimitriou
Book for

BEAUTY TIP

Steal the show
with a swipe of
colored liner. On
Hannah: Lancôme
Drama Liqui-Pencil
in Baroque, \$23,
exclusively at
Sephora.

DRESS, EARRINGS,
ARM CUFF, Fausto Puglisi





lights, camera, **FASHION**

Last year, Hannah Davis's career ignited with a super-hot *Sports Illustrated Swimsuit* cover. On November 12, she takes center stage as the host of Lifetime's *Project Runway Junior*. Here, decked out in designs by her *Runway* squad (Christian Siriano, Zac Posen, Kelly Osbourne, and Marchesa's Georgina Chapman), the stunner is ready to conquer the screen. Watch this face.

PHOTOGRAPHED BY BEN WATTS FASHION DIRECTOR: AYA KANAI

“From day one, I had really good chemistry with all the judges. I thought it was going to be scary, but it wasn’t at all. It was really fun to go to work.”



BEAUTY TIP

Want to smell as lush and girly as this gown looks? Spritz on **Giorgio Armani Acqua di Gioia Jasmine, \$89, Sephora.**

DRESS (worn as top), SKIRT, Christian Siriano. SHOES, Giuseppe Zanotti Design. EARRINGS, Ocie New York

A woman with long, wavy hair is standing in a brightly lit sewing studio. She is wearing a blue denim-style top and a blue denim-style skirt, both featuring large white polka dots. She is holding a black and white polka-dot clutch bag and a yellow measuring tape. She is looking down at the measuring tape. The studio is filled with various sewing machines, spools of thread in vibrant colors like yellow, blue, and red, and large bolts of fabric with colorful patterns. The background features a large, abstract mural with blue, white, and orange waves.

TOP, SKIRT, *Stories...by Kelly Osbourne*. SHOES, *Giuseppe Zanotti Design*. CLUTCH, *Marc Jacobs*. BRACELET, SINGLE-PEARL RING, *Maria Francesca Pepe*. MULTI-PEARL RING, *Amanda Pearl*



BEAUTY TIP

This year's It Lip: a bold berry. We heart the stay-put power of Kat Von D Everlasting Liquid Lipstick in Bauhaus, \$20, exclusively at Sephora.

JACKET, SKIRT, *Roberto Cavalli*.
TOP, *Sass & Bide*. EARRINGS,
Tomas Maier

VERB Project Runway
B14P14/A1050431
PROJECT RUNWAY - AUDIO

GIFT YOURSELF WITH
A \$500 SHOPPING
SPREE TO SEPHORA!
ENTER FOR THE
CHANCE TO WIN AT
[COSMOPOLITAN.COM/
SEPHORA2015](http://COSMOPOLITAN.COM/SEPHORA2015)
(SEE PAGE 194 FOR DETAILS).

A woman with long, wavy hair is the central figure in the image. She is wearing a strapless, floor-length gown with a bold, colorful floral and leaf print on a dark background. She is standing in a workshop filled with various fabrics and rolls of material in shades of red, blue, yellow, and white. She is looking down at her dress, her hands resting on her shoulders. The lighting is bright and even, highlighting the textures of the fabric and the woman's skin.

DRESS, *Zac Posen*.
EARRINGS, *Lele Sadoughi*

“I took a risk with this show. I'll be conquering one of my biggest fears: being on camera. But I figured, why not?”

"When I'm not in front of the camera, my day-to-day style is very casual. I'm from Saint Thomas. We're not that fancy down there. I would never pack heels to go home!"



JACKET, SKIRT, *Moschino*.
BODY SUIT, *LiAgent by Agent Provocateur*. SHOES, *Rupert Sanderson*. RINGS (black spiral), *Lynn Ban Jewelry*; (gold and black) *Maty*

BEAUTY TIP

Score a camera-ready complexion with HD-friendly Marc Jacobs Beauty Re(marc)able Full Cover Foundation Concentrate, \$55, Sephora.

JUMPSUIT, *Marchesa*. SHOES, *Blonda Castana*. BRACELETS, RINGS, *Lynn Ban Jewelry*

HAIR: Martin-Christopher Harper at Platform|NYC using Oribe Haircare. MAKEUP: Robert Greene using MAC at Honey Artists. MANICURE: Julie Kandalec for Dior Vernis. MODEL: Hannah Davis/IMG. See page 194 for shopping information.

Part of getting ready
is being ready.
For anything.

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Tomorrow's Stories
Start Tonight

LOVESHOW

EDITED BY
MARINA KHIDEKEL

Cosmo's Sexy Holiday Countdown

THIS SEASON
IS ABOUT TO GET
A WHOLE LOT
MERRIER, IF YOU
KNOW WHAT
WE MEAN (AND
WE THINK YOU DO).
OUR SEX-VENT
CALENDAR
DELIVERS 24 DAYS
OF HOTNESS.

BY ANNA BRESLAW

LOVE LUST

1

Put an Elf on the Shelf

Whether you're solo or with a partner, get your inner voyeur on: Imagine that someone hot (any Hemsworth works!) is watching you while you do dirty, dirty things.



6 Have Yourself a Merry Little Xxx-mas Too

Lie back and make your Christmas carnal with The Womanizer—an external vibe with gentle suction power that simulates oral sex. It. Is. Amazing. \$189, babeland.com

150

2

Bail on Your Bed

If you have a tree in your living room, dim the overheads—leaving only the glow of the string bulbs—and take the action to the sofa. (As long as Aunt Janine isn't snoring on it.)

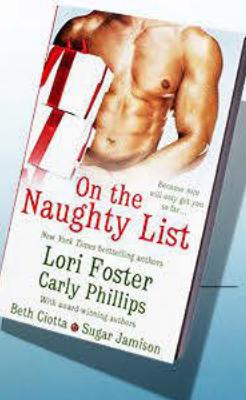
5 All Together Now: Five Golden Rings!

Looping any of these around the base of his shaft is a present for both of you. He'll get (and stay) super hard, and you'll love the vibrating versions for their turbocharged Os.

7

Curl Up in Front of the Fireplace

Turn yourself on with *On the Naughty List* (St. Martin's Paperbacks), a collection of sexy stories, from mistletoe mix-ups to a *Pride and Prejudice*-esque romance. Each one is hotter than a steaming cup of cocoa.



3

Wrap Yourself

While running a quick errand together, reveal a secret: You're wearing nothing but some festive ribbon underneath your puffer coat. Yes, even winter layers can be erotic when he thinks of them as gift wrapping.

4

Play Secret Sex Santa

Buy each other one saucy gift that fulfills your respective fantasies, like thigh-high stockings for you and a tie (which easily doubles as a blindfold) for him.



FROM TOP: TOR 2, \$119, lelo.com. RINGO ERECTION RINGS, \$10, adameve.com

JIMMYJANE ICONIC RING, \$35, thepleasurechest.com

8

Try This Naughty Move

It'll be so worth the coal. As he lies on his back, hop on top of him and lower yourself until your pelvic bones press together. Prop yourself up with both arms on one side of his head so you're slightly sideways, and rock back and forth.

Not only is your clit getting some play, but the slightly tilted angle will also have you feeling every inch of his, um, North Pole, no matter his size.

9

Light His Menorah!

Heat up Hanukkah and burn a massage candle until it melts, then carefully (!) brush oil on his chest and back, massaging as you go. Just like the Maccabees' flame, he'll last even longer than expected.

\$16, babeland.com



STILLS: BEN GOLDSTEIN/STUDIO D. STYLIST: PRISCILLA JEONG. LIGHTS: DEVON JARVIS/STUDIO D. (OPPOSITE PAGE) MICHAEL BLANK/THELICENSINGPROJECT.COM



10

Explore Candy Cane Lane

Suck on a candy cane, then trace his coronal ridge—the edge of the head of his penis—with your tongue. The cool peppermint-y sensation will make him tingle all over.

11

Hang Some Mistletoe...

(Aww, so PG-13... in the shower (JK, rated R!).



12

Make the Stroke of Midnight Count

Try edging, aka “extended release” orgasm, by taking him in your mouth or starting him off with a handie about half an hour before the clock strikes midnight—then stopping whenever he gets close. The stop-and-go makes him last longer, which gives you time to get your O on too.

Like kids sneaking down to open their gifts, don’t let him finish until 12:01. Good things come to those who wait.



13

Write an X-Rated Wish List

Type out a hot scene starring you and your guy, and slip it into his coat pocket while he's asleep. He'll find it the next a.m. and melt like Frosty.

14

Roast His Chestnuts

When you're going down on him, take turns gently cupping his balls with your warm hands to enhance his good feels. Just don't take any cues from *The Nutcracker*, 'kay?

15

Set the Table

Perch on the edge of the kitchen counter, supported by your arms, and have him lift your butt into the air. Your pelvic-floor muscles will work as hard as Santa's elves for a big finale.



16

Give and Receive

Ooh by Je Joue's Her Name Is Rio set includes a motor that fits into three attachments: a classic vibe, a pebble, and a cock ring (sold separately). Alone? Go for the vibe. If someone's guiding your sleigh tonight, hold the pebble against your clit during girl-on-top for a blissful ride.



18

Play a Game of "Sex Dreidel"

This spin (get it?) on the traditional game makes each Hebrew letter on the toy's sides represent something a little less kosher than you're used to.

Instead of chocolate coins, you and your partner will be playing for pleasure. (Nothing against chocolate though.)

IF THE DREIDEL LANDS ON...

GIMEL: According to the ancient Hebrew rules, you do nothing. So sit back...and let him do all the work while you enjoy the festival of lights going on inside your mind.

SHIN: You get the pot! Mid-girl-on-top, make like a dreidel and spin around. The end game? Deeper feels for you and, for him, an amazing view of your, uh, promised land.

HEY: Split the pot by going down on each other simultaneously—first one to climax wins! (Duh.)

HEI: Add to his pot. Gently play with his matzo balls during oral. He'll love it a *latke*.

\$39,
lovecraves.com

17

Remember That Good Things Come in Small Packages

Ask for Mrs. Claus's best friend: Crave's new Bullet vibe. It's quiet, so if family is over, you're guaranteed a silent night.



19

Wear Red Lingerie ('Tis the Season!)

Studies show that men report higher attraction to women when they're in red than in any other color. Give him a peek of your red-hot panties before you step out to dinner and watch his temperature rise—despite freezing cold temps.

THONG, \$24,
calvinklein.com



22

Join in a Reindeer Game

Start off in missionary. Now wind a winter scarf around your holiday hottie's upper torso and have him rear back on his knees. By pulling the scarf tighter or giving it more slack, tailor the angle of penetration to your liking. On Dasher! On Prancer! On Dude!

23

Teach Him the Gingerbread Graze

While he's touching you, have him use the pads (not tips) of his fingers on and around your clit. A flatter surface can deliver a sweeter O.

24

Get Snug in Your Bed

After getting some all month, you'll realize you barely got any... sleep, that is. So sleep in today and have lazy, languid, back-to-basics morning sex! Merry Sex-mas to all, and to all a good night.



20

Light His Yule Log

Have him sit on the bed with his legs straight out in front of him. Facing away from him, kneel in front of him and place one leg on either side of his body, so your booty's in his lap and your head is near his feet. Lower yourself onto him and slide back and forth. In this modified doggie-style, you control the action—and he'll last as long as that silly fireplace video on every channel right now.

21

Go A-Caroling!

Because getting it on to "Away in a Manger" is just wrong, cue up Sharon Jones and the Dap Kings' new album, *It's a Holiday Soul Party*, and skip straight to their sultry version of "Please Come Home for Christmas." (No, it's not just a clever name.)



YOU TOO CAN
HAVE CHARISMA
LIKE HERS. WE'LL
TOAST TO THAT!

THE ART OF SEX APPEAL

YOU KNOW THOSE GIRLS—THEY MAY NOT BE THE PRETTIEST OR WITTIEST, BUT THEY WIELD A MAGNETIC POWER SO STRONG, PEOPLE TRIP OVER THEMSELVES TO GET NEAR THEM. IT'S NOT ROCKET SCIENCE. IT'S NOT EVEN HARD. HERE'S HOW TO BOOST YOUR POWER OF ATTRACTION.

BY ANDREA BARTZ

I HAVE A FRIEND—I'll call her Claire—who can enter a room and effortlessly have all the dudes there eating out of her hand. On three occasions, three separate male friends contacted me within 24 hours of meeting her to ask if she was single. Thing is, Claire isn't a Gigi Hadid look-alike or a bombshell with a perma-blowout. She's down-to-earth and adorable. She wears reading glasses, peasant dresses, and an open smile. A textbook sexpot she is not, yet everyone wants to bask in her presence.

We all know it when we see it—that ineffable quality that seems to settle,

fairy-dust-like, on certain people wherever they go. "It's a genuine sexiness, not just 'I'm trying to look like that hot girl on Instagram,'" says Sari Cooper, a sex therapist in New York City. (She calls it sex esteem.) And as more flirting takes place within Tinder's messaging system, face-to-face magnetism has become more rare. "We've become lazy and forgotten that charisma is still essential in dating," says Matthew Hussey, the dating coach behind *HowToGetTheGuy.com* and a *Cosmo* columnist. What works online—quick and snarky humor—doesn't always work in person. "Text-



Go Out With a #GirlSquad

It was funny asking Claire what makes her so magnetic—it's nothing she's aware of, so it's like asking a tiger why it's striped. "It only happens when I'm out with you guys," she says. "Guys don't come up to me when I'm sitting by myself." She meant it as a deflection, but turns out, she's on to something. People want to talk to the person everyone else wants to talk to. Seed a little attention around yourself, and it'll spread.

"When you're at a bar or party, you become more desirable when a guy sees other people enjoying your presence," Cooper says. A study from the University of California at San Diego even found that people in groups look more attractive than the same people on their own. Having fun—as opposed to staging carefully curated, broody poses—is key. Mike H., 29, a musician in Oshkosh, Wisconsin, says, "When you see a woman in a group of people putting out a positive vibe and get a sense that that joy is genuine, that's attractive."

Channel Your Chatty Side

Rather than waiting around to spot and chat up someone you're strongly attracted to, make a habit of socializing with as many people as possible, Hussey suggests. "I encourage my clients to say hi to as many people as possible in the first 10 minutes of the evening, so that an hour later, all those people feel that you're the most approachable person in the room," he says. Think about it: When a hot guy wants to flirt with someone, who is he going to approach—the girl he hasn't said a word to or the girl he shared some fun banter with?

Know How to Really Connect

Ask emotional questions instead of logical ones (like, "What do you like best about being an engineer?" vs. "How long have you been doing that?"). This trick breeds a convo both of you will find more engaging and revealing. "Nobody cares to hear routine facts about another person at the beginning," Hussey points out. "What we care about is connecting."

Let Your You Flag Fly

"When my friend Tiffany lets her silliness out, everyone in the room comes running," says Rebecca Davis, 28, a teacher in Delray Beach, Florida. "Once, we were at a music festival and there were a bunch of crazy hats lying around, and she grabbed one and put it on and started taking selfies of us. Guys started coming up asking to take selfies with us too. People can tell that's her genuine personality."

Part of Claire's secret is that she's full of stories and interests you don't see coming—she recently bought a baby turtle at a convenience store! And that surprise factor is sexy. "When someone comes out of left field with a hobby or experience that's different from what I would have expected of them, that's sexy and intriguing," says Michael Silver, a 30-year-old attorney in NYC.

Another reason these admissions can turn men into the heart-eyed emoji: They show vulnerability, a rare trait in an age of social-media braggadocios. "Everyone goes out with their guard up in such a big way," says Hussey. "When everyone else is trying to be somebody and play a role, the person who stands out is the one who is fun and playful and doesn't take herself too seriously."

5 More Moves That Make You the Coolest Girl at the Party

Prep Your Answer to "How's It Going?"

"Never go out without knowing the most interesting thing that's happened to you all week," says Hussey. Most of us hit the lowlights ("You know, work..."), so have a few stories ready beforehand. Even "I tried the best restaurant on Tuesday!" gets the ball rolling.

Pre-Game With Your Funniest Friend

As you're getting ready or heading over to the party, call a friend who cracks you up, Hussey advises. "You'll arrive in the right state of mind." Amused... and amusing.

Bust Out Some Trivia

I can't tell you how many conversations I've sparked with weird nuggets from the podcasts Radiolab, Invisibilia, and 99% Invisible. Interesting ephemera always beats "So do you have any siblings?"

Ask a Favor

Ask a guy to hold your coat while you grab a round, suggests Hussey, who points out research shows doing you a favor makes someone like you *more*.

Take Sides

Get his opinion on something you're passionate about, à la "My friend says *The Hunger Games* franchise is stupid, and I freaking love it. What do you think?" That way, "You're giving him an in on a fun conversation," Hussey says. —A.B.

ing will only get you to the point of the date. After that, it's up to you to actually charm someone."

That charisma can help your dating life—you'll get a leg up on the girls tucked in corners at parties, furiously swiping left—but it can also keep the spark strong in a relationship and boost your success at work and in other aspects of your world. And while this appeal involves a level of cool that can seem undefinable, really anyone can master it. As Hussey puts it: "If you can be good with people in a world where everybody else is getting worse, you're going to win."

Sex Q&A

No-BS responses to questions you can only ask Cosmo

17

Q/ I'm constantly either on my period or spotting. How can I track my ovulation time so I don't get pregnant?

A/ First things first: Spotting can be caused by a wide range of factors, from cervical polyps to an infection to stress, says ob-gyn Jennifer Wider, MD. Make an appointment with your gyno ASAP to see what's causing yours. In some cases, going on hormonal birth control can even things out and also help with that whole not-getting-pregnant thing. (Until then, sign a lease in Condom City.) To track your ovulation—which generally occurs on the 14th day of a 28-day cycle and marks when you're most fertile—use an app like My Days (free, App Store and Google Play). For a more accurate read, Dr. Wider suggests an ovulation predictor kit, a urine test from the drugstore that reads positive a day or two before ovulation—then you'll know when *not* to get it on.



Q/ I'm 28, and my boyfriend is 48. He is worried that as he gets older, he will have performance issues. When does a man start experiencing problems getting it up? Should I expect that soon?

A/ No worries, you have at least a decade of Viagra-free sexing ahead of you. Sixty-five is the average age when men may begin to experience erectile dysfunction, says urologist and male sexual medicine specialist Darius Paduch, MD. That said, your man's overall health has a bigger effect on his ability to get it up than the number of candles on his birthday cake. "The things that are bad for a man's heart, like high blood pressure, high cholesterol, and diabetes, are also bad for his penis," says Dr. Paduch. "But if he exercises and has a good diet, he may be as good or better off than an obese 28-year-old." The best news for you both? Sexercise totally counts.



Q/ My boyfriend gets aroused within minutes, but I can take a lot longer. How do we deal with the discrepancy?

A/ "Think of it like hiking," says sex therapist Neil Cannon, PhD. Huh? "You have to walk at the pace of the slowest hiker." Ah, got it. Even though your man may be



boots-on, ready-to-roll in minutes, spending time on foreplay that pleases you—kissing, touching, etc.—before actual intercourse will put you both in step. Convey what you like either verbally ("kiss my neck"; "touch me like this") or by showing him exactly what you like with your own hand. Happy trails, indeed.



Q/ I get horrendous neck cramps every time I go down on my boyfriend. Is there a fix for this, or does it just happen to everyone?

A/ Giving good head doesn't have to be a pain in the (wait for it...) neck. All you really need is some simple repositioning. "It's all about angles," says clinical psychologist and sex therapist Megan Fleming, PhD, who suggests playing around with your positions. If you're in bed, try placing a pillow under his pelvis to bring him up closer to your face—that way you won't be craning your neck like you're stuck behind a 6-foot-4 dude at a concert or tucking your chin in like you're about to do a somersault. Another pain-free solution? Take your BJ action away

from the bedroom. Have him stand up while you kneel or sit on the edge of the couch so that you can face him, well, head-on.

LOVE LUST



WHAT DRY SPELL?



Q/ Is lesbian bed death really a thing? It's been about a year and a half, and my wife and I just can't get back in the groove of things. How can we bring back the spark?

A/ *Lesbian bed death*, a term describing sexless lesbian couples, might have been a thing in 1983, when the phrase was coined, but so was acid-wash denim. "It's never been proven that there are more lesbian couples than straight ones who have no sex at all," says sex therapist Margaret Nichols, PhD. In fact, while lesbians tend to have less frequent sex than other types of couples, they have longer-lasting sex: one hour, compared to straight couples' seven-minute average. And dry spells can happen to anyone. Putting date nights on the iCal can help give you both something to anticipate, even if it's a casual Netflix screening of *Blue Is the Warmest Color*. Or recalling past sexy-times you've had together can get you in the mood. Soon you'll coin a new term: *lesbian bed life*.



Q/ I can O only from clitoral stimulation, but I find it hard to have P in the V and touch myself. How can I master the multitask?

A/ Truth: Only 25 percent of women orgasm from vaginal penetration alone. (Those simultaneous climaxes in the movies? Mostly cruel Hollywood trickery!) So focus on positions that help you achieve your kind of O, says sex therapist Gina Ogden, PhD. Doggie leaves you a free hand to give your clit some love with an external vibe, like the palm-size Iroha Vibe (\$99, babeland.com)—it eliminates the trickiness of focusing on your hand motions while also concentrating on doing the deed. Or try girl-on-top with a vibrating penis ring (\$9, amazon.com), which buzzes right against your sweet spot when he's inside you. Before you know it, you'll be on your way to doing some scene-stealing of your own.

—JULIE VADNAL

SEX TOY OF THE MONTH

WHAT'S THE BEST SEX TOY...THAT'S AS BEAUTIFUL AS MY NEW GOLD MACBOOK?

Thanks to its minimalist (dare we say *chic*?) design and metallic detailing, the Isla (\$159, lelo.com) might as well be called the iGasm. Its sleek curve helps it hit the G-spot right on, and its handle means your partner can join in too. Your new gold MacBook is about to get iLonely.



ask him any- thing



Q/ I've always identified as straight, but I'm dating a new guy and I slept with a female friend before we got together. I'm worried it'll weird him out or make him question my sexuality so I'd rather keep it quiet, but he's super into being open about past hookups. Should I share this with him?

LOVE ADVICE FROM OUR GUY GURU, LOGAN HILL

go ahead and shout "I Kissed a Girl" from the rooftops. What's the worst that could happen? If he's homophobic or jealous, you don't want to date a douchebag anyway. And TBH, hearing of your hookup will turn most guys on.

A This isn't about should; this is about want. If you don't want to tell him, don't. You have a right to privacy. If you do, then

Q/ I always wind up being the one who plans out my dates with the guys I meet on apps. How do I get the guy to make the plan for a change?

A Easy. Just propose the date and time, and when he confirms, tell him, "I picked when, now you pick where...." He can't say no. If he pesters you with questions about what you want to do, tell him you have to log off but he should text you where to meet. That's your ace card!

Q

A Why wouldn't she be with you? If this Ivy League nerd is such a genius, she knows that a person is more than a pedigree. So trust her. She could have dated another egghead, but her big brain calculated that she should date you. Remember that romantic chemistry is such a mysterious science that nobody can give you a PhD in it—not even Harvard.

HARVARD,
SCHMARVARD.
YOU DON'T
NEED A PHD
TO BE A KICK-
ASS GF.





THINKING LONG-TERM? AIM FOR MORE MAN, LESS MAN-CHILD.

Q/ I'M ABOUT TO GET OVER MY GUY. I AM SO OVER THE FUN. I WANT SOMEONE TO SPEND TIME WITH. IS THERE ANYONE OUT THERE THAT OUT THERE THAT'S NOT A MAN-CHILD? WITHOUT CHA-CHA-CHA.

Q/ After spending more than two days together, my BF and I get sick of each other. We both just like alone time. Will we ever be able to move in together?

A If you prefer living alone, don't let peer pressure push you into cranky cohabitation. If you really want to live with him, consider a two-bedroom. Plenty of healthy couples simply need some space, and you might be one of them. But if you think you're just not that compatible, you owe it to yourself to explore that doubt.

Q/ My boyfriend's dirty talk grosses me out. How do I tell him without discouraging him?

A He won't know what kind of pillow talk turns you on unless you tell him. Just as you'd tell him during sex to go "harder," tell him what you'd like to hear him say (that he "wants you" rather than he "wants to eff the bleep out of you," for instance). And if what you'd like most is silence, tell him you're so turned on by his body, you don't need anything else. That's all he'll need to hear.



Hill is a contributing writer for *Cosmopolitan* and *Cosmopolitan.com*.

A As someone who's been scared off by a first date, I can confirm that the first-date fear factor is real. It freaked me out when a near-total stranger told me her plans for her dream wedding before our food arrived! So ease into it. First, decide if you even like the guy (which may take a few dates anyway). Then suggest what you're looking for, but don't give a State of the Date address. Casually mention that you're not into casual dating. You don't have to make the first date serious just because you want a serious relationship, but you can lay the foundation.

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44 I THOUGHT I WANTED KIDS, BUT NOT RIGHT THIS SECOND. HERE'S WHAT HAPPENED WHEN THE PREGNANCY TEST TURNED POSITIVE."

BY ANNA DAVIES

"MY MOM THINKS you're pregnant."

"What?" I nearly choked on my ginjinha, the Portuguese drink at the Lisbon restaurant where I was with my two closest friends, who'd traveled to Europe to reunite with me for a weekend. Thirty-one and a freelance writer, I was half-way through what I termed my grown-up gap year. I'd planned to spend 12 months researching a novel idea, learning to surf, and having as many no-strings-attached flings as possible before I came back to New York City to settle down and figure out what I wanted to do with the rest of my life. Working remotely on my own schedule as a writer paid my expenses. I'd already spent a few months riding the waves in Costa Rica, backpacked through the Balkans, and finally gotten some work done in Dublin.

Now I had plans to tour more of Europe. But the past few weeks

had been dragging me down. I'd felt nauseous and flu-y for days. Disconcertingly, every symptom I Googled, from shortness of breath to leg cramps, auto-filled *pregnant* in the search box. My friend Liz mentioned my misery to her mom. Clearly, Mrs. C had done the same research I had.

As the night wore on, we joked about the things I loved—spontaneous overseas adventures, random Tinder dates—that would be nearly impossible to do as a single mom. Even though I was laughing, my mind kept tugging me back to a Thursday night a few weeks earlier in Dublin. At a bar, I bantered with a cute, tattooed guy who'd sat beside me. I'd only had one drink when I brought him back to my apartment. We weren't careful, and because I'd misestimated how long I'd be away, my supply of Pills had run out in Montenegro two months



LOVE LUST

before. Still, I'd taken the morning-after pill. He was saved as "J" in my Kik messenger app, but we hadn't talked since that night.

When the girls went home, I flew as scheduled to France and booked a hotel room for three days. In between bouts of nausea, I read books about single motherhood and childlessness and watched unplanned-pregnancy-as-plotline movies like *Knocked Up* and *Obvious Child*. I didn't take a pregnancy test. I wanted to know what my feelings were in the abstract before being confronted with facts. Yes, I wanted to be a mom someday. No, my finances weren't in order and I wasn't in a serious relationship—two things I thought I'd have before becoming a parent.

FOUR YEARS PRIOR, I'd had an abortion. At 27, my life had seemed far more together. Back then, I rented a beautiful apartment on a tree-lined Brooklyn block. I made more than six figures. I actually knew the man in question. But deep down, I was struggling with depression, and my mom was battling cancer. The only thing I had in common with the guy I was seeing was that we both drowned our problems with alcohol. I felt only relief after the abortion. Eight months later, as my mom lay dying, I stood by her bedside, so thankful I was there by myself and not with an infant.

This time, I'm not sure what swayed my decision. Maybe it was the fact that I'd become comfortable living in the unknown. Maybe it was the month I'd spent with three hard-partying 20somethings in Ireland that showed me it was possible to stay up for hours on end dealing with people who randomly cry and puke. But when I saw the two pink lines on the test I finally picked up in London, I knew I was going to keep the baby.

So I flew back to New York and found an apartment in a neighborhood that was family-friendly. I networked with former colleagues to find a steady gig to

augment my freelance income. And one by one, I let friends know I was pregnant. When I told my 78-year-old father, he was thrilled and began e-mailing me name suggestions. Even though everyone seemed supportive, I was uncomfortable when they used words like *brave* or *inspiring*. I'd start to overshare, telling them about the morning-after pill that failed, about the fact that I had no idea what I was doing.

AT 20 WEEKS, I found out I was having a daughter. To celebrate, I got a pink manicure while wondering if I'd ever be able to indulge like that once my daughter arrived. As my bump got bigger, every experience had an underscore of melancholy. A babymoon organized by a few close friends to Miami became the last time I'd ever travel alone; a business lunch became the last time I'd ever be fully able to concentrate on my job. Of course, I knew moms who worked, dated, and hung out with friends, but I'd always been so fiercely independent. I couldn't imagine who I'd be with a permanent plus one. When my water broke a week before my due date, my first feeling was annoyance that I'd no longer be able to work through the end of the week. I insisted on taking the subway to the hospital by myself and spent my labor trying to finish an article on deadline, only stopping when my doctor came in to tell me that my labor wasn't progressing as quickly as he liked and he was recommending a C-section. It was only then that I texted my friends and told them Lucy was on the way. Thankfully, one of them made it to the hospital in time for the surgery.

SIX MONTHS LATER, I have a daughter who laughs all the time, who I sometimes watch sleeping despite a mounting to-do list. I'm able to fit in writing assignments between nap times. I joke that Lucy has a busier social life than I ever did. We meet my pre-

natal yoga crew and their babies for lunch on Wednesdays and my neighbor Jen for sangria on Thursdays. It's mostly been amazing, something I never would have expected during those lonely days grappling with my will-I-or-won't-I decision last summer.

It's harder to admit my other, less than amazing feelings. I haven't had sex since December, and I feel like a bad parent for worrying when, if, and with whom it will happen again. E-mails about last-minute flight deals made my heart ache so I unsubscribed. Hearing some of my friends' stories about Friday nights out or cool career opportunities involving travel just make me second-guess everything. So instead, I try to focus on the present: that, for now, Lucy needs to be the center of my existence.

But I also realize I won't always be the center of hers. After all, when I think of the experiences that made me *me*—sneaking into NYC on weekends as a teenager, amassing nine internships during college, hitchhiking across foreign countries—none of them involved my mom.

I want the same for Lucy. I hope that if she ever becomes pregnant, she feels the same ache for the big, full, messy life she had by herself. And I want her to know that you can miss your old life while loving your new one and that it doesn't make you a bad mom—or person—to admit it. ■

MY FINANCES WEREN'T IN ORDER, AND I WASN'T IN A SERIOUS RELATIONSHIP—TWO THINGS I THOUGHT I'D HAVE BEFORE BECOMING A PARENT.



My Husband Freaked Out After Our Wedding



WHAT HAPPENS BEYOND THE DREAM DRESS,
WITTY HASHTAG, AND TO-DIE-FOR VACAY
ISN'T ALWAYS WHAT YOU EXPECT.

BY JENNIFER MILLER

RIGHT AFTER MY husband and I returned from our honeymoon, everyone asked us: "How's married life?" Jason and I had lived together for more than a year and been a couple for three. But before meeting each other on OkCupid, we'd been frenetic daters, trying to make up for the long stretch we'd each spent with the wrong partner. Now, finally, I'd found my person, and we'd made it official. So when people asked about our post-wedding lives, I'd say, "It's great!" my voice full of excitement.

Jason was less enthusiastic. "It's the same," he'd answer bluntly, as though our marriage was a nagging detail he hoped to forget. At first, I found his reaction amusing. After all, it's not like we now texted constantly about how much we loved married life. But one night, two months after our wedding, I realized something was very wrong. We were out for drinks when I overheard Jason tell a friend, "I settled down *really* soon after my last breakup." I was stunned. Was he saying our vows had been a mistake?

Deep down, I'd known that things between us had changed, just not in the way I'd expected. Since the honeymoon, Jason had been more distant than usual, less casually affectionate and communicative. If we hadn't just gotten married, I would have recognized this behavior as the classic precursors to a breakup. But this guy wasn't some noncommittal boyfriend. He was the person who had stood up in front of 300 of our family and friends and pledged to be my life partner. And so by the time we got home, I was on the verge of tears. We'd barely made it through the door when I demanded an explanation. Did he wish he hadn't married me?

Jason looked confused. "You just said you settled down too soon!" I said. "And when people ask you about married life, you always say, 'It's the same,' like you're pissed off." The tears were spilling now, a panic rising in my chest. As long as I'd contained my fears beneath a steel-strong optimism, I could more or less ignore them. No longer.

"But being married *is* the same," he said.

"You made the biggest commitment of your life," I answered. "How can you be so blasé?" I needed to know: Why the distance? This wasn't how newlyweds were supposed to act. Even if PDA-filled Instagram posts weren't his style, I'd at least expected an endearingly embarrassed smile whenever someone asked about the honeymoon. But as we talked, it became apparent that Jason was intent on proclaiming that things were the same because he was terrified by how different they might truly be. "When I proposed, I knew intellectually what I was doing," he said. "But emotionally, I couldn't have known what those vows really meant until I made them."

My head buzzed. How was it possible that I'd known exactly what I was getting into but Jason did not? The idea was infuriating and shocking in equal measure. "Before, everything was changeable," he told me. "The permanence of this is really intense."

But permanence is the essence of marriage. And yet when I thought about why the idea of "forever" didn't bother me, I realized I still thought of my life as my own. I was still me, just married.

But since the wedding, Jason and I had been together nonstop, which...was kind of weird. I pointed out to him that now if I wanted to leave a party or a bar night with friends, he went home with me, no questions asked. Before the wedding, if he wanted to stay longer, he would. It was like he was operating under a new set of stifling expectations associated with "married life." I'd spent years thinking about what my married future might look like, but like a lot of guys, he hadn't grown up imagining his.

With relief, I watched waves of recognition spread across his face. "You know," I said, "I don't want a husband without an independent social life. You should be going out with your guys more. Close down the bar if you want. I'm fine with it."

And so he did. We still did things as a couple, but every

exciting, but it could also be stressful. So while he liked the idea of having that freedom, he was ready for something different. And in any case, he said, he could have boozy hookups with me.

In confronting his belated cold feet about married life, I realized Jason was right: You can't know what a life commitment means before you make it. Even after you've made it, you still don't know what it's going to mean a year later...or 5 or 50. It's like trying to measure the Grand Canyon: You can see its vastness from above, but you can't understand how big it really is until you've trekked into the core. That's scary, but it's also exciting. It means that four years into our marriage, there's always something to discover. We have an adorable 5-month-

“It was like he was operating under a new set of stifling expectations associated with ‘married life.’”

few weeks, he'd make plans with the dudes while I had drinks with my friends or ordered takeout and watched a trashy/amazing movie. It was only then that things really started to change between us—which is to say they returned to the right kind of "same," with the casual affection and closeness we'd had before getting married.

In fact, the more time my husband spent with his single friends, the happier he felt being hitched. Dating life, with its boozy hookups and melodrama, had been

old son now. Watching Jason adapt to fatherhood has shown me a completely new side to his personality, even as it has become harder to keep up our own lives while navigating the stresses of parenthood. I know Jason sorely needs a night out with the guys. So I'll be taking over diaper changes while he takes a break from Planet Baby, and I know he'll do the same for me. ■

Jennifer Miller is the author of *The Heart You Carry Home*, out now.

YOUR GUIDE TO THE MALE B

manthropo

THE HUSTLE

5 WAYS TO GET HIM TO HAVE SEX THE WAY YOU WANT

Jackhammer much? Dating expert **Matthew Hussey** shows you how to critique a guy...without hitting him where it hurts.

1

Be Specific...

No matter how much experience a guy has had, every woman is different. He may do things that are too hard, too soft, too fast, or too slow for you. We only know what you like if you tell us! If he's using his hands, put yours over his and show him exactly what you like. Then say "Can you do it like that? It feels so good."

2

...And a Little Strategic

Instant confidence killers for guys: "That's weird," "What are you doing?" and "That's not working for me."

Instead of criticizing what he's doing wrong, encourage what he's doing right. Want him to talk dirty more? Wait until the next time he says something Jason Derulo-like, and tell him, "It makes me so hot when you talk like that."



3

Master the Moan

Making sexy noises in the moments when he's doing nothing for you will only make him think he's doing everything right...and he'll keep doing it in the future. Moan only when he's actually making you feel something amazing and that'll become his go-to move.

WANT MORE FROM MATTHEW?
GET HIS FREE GUIDE FOR COSMO READERS, 9 MAGIC TEXTS NO GUY CAN RESIST, AT 9TEXTS.COM/COSMO.

4

Give Some Post-Sex Encouragement

Even if you tipped him off to all the right moves, text him the next day saying, "I keep thinking about the way you were touching me last night....It's turning me on at my desk." Never underestimate the male ego. He'll get a surge of pride, which will make him want to cancel his whole afternoon to get a "meeting" on the books with you ASAP.

5

Talk About Sex When You're Not Having It Ironically, you should bring up what you'd like in bed when you're nowhere near the bedroom. When you're walking together and he presses his hand around your waist, say: "I love it when you grab my body firmly like that, especially in bed. It's so hot." He'll love that you have sex on the brain at unexpected times.

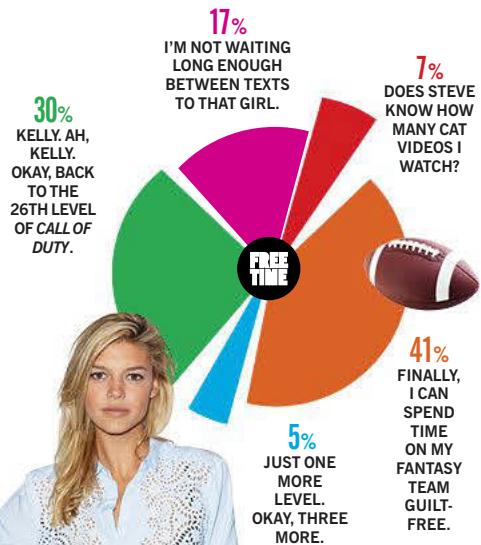
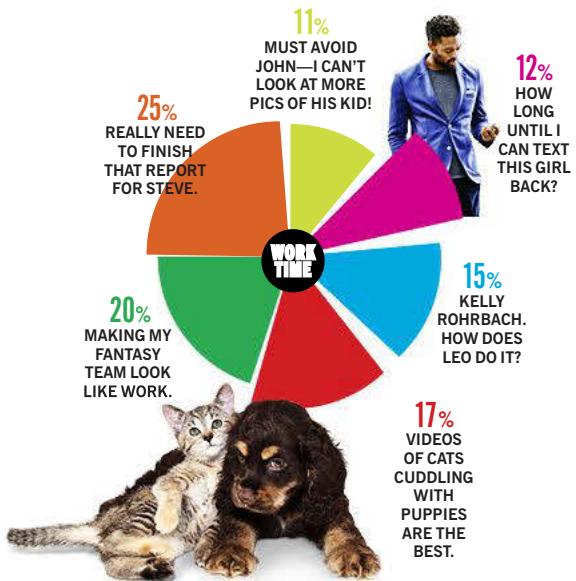
logy

PIECE OF MIND

HIS BRAIN AT WORK VS. DURING HIS FREE TIME

Penny for his thoughts? One man breaks down dude thinking for free!

BY ADAM NOVER



PRESENT (IM)PERFECT

WHY DO GUYS... GIVE SUCH BAD GIFTS?

Despite countless hints—and direct links to Pins—he once again got you a dud in a box. Two dudes explain.

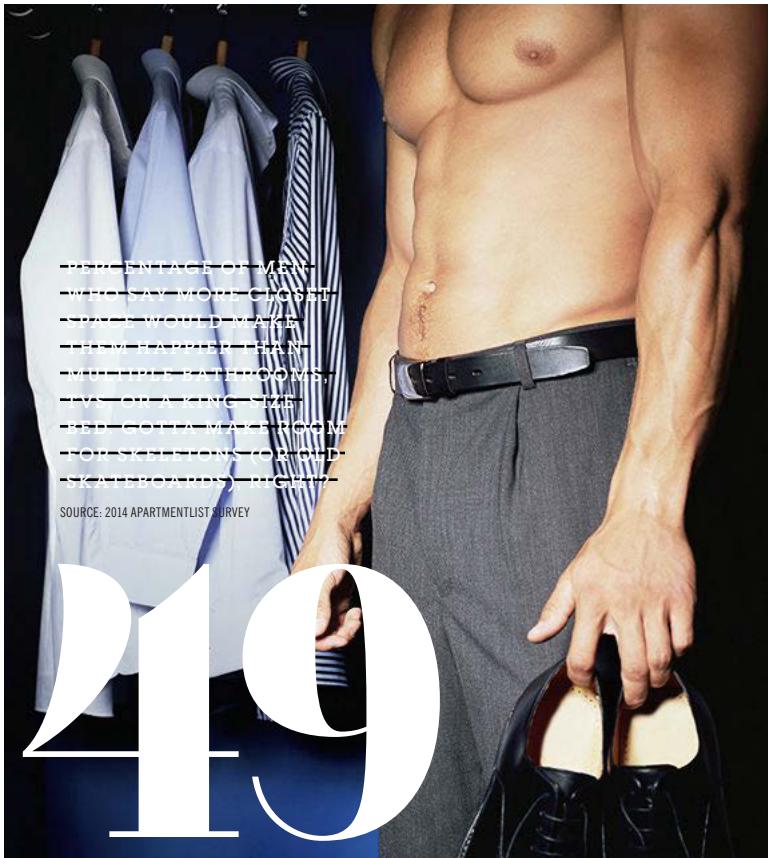
BY JOSH GONDELMAN AND JOE BERKOWITZ

So you just unwrapped a pair of antique Mickey and Minnie Mouse salt and pepper shakers...and you're having trouble processing. Here's what happened: He was either over- or underthinking it. An under-thought present is easy to explain. Instead of taking the time to shop for a present, we leave ourselves just long enough to buy a gift, any gift. That's why we end up rushing around the mall and making snap decisions with our unrefined senses of taste.

Overthinking is a different problem entirely. We hear your hints, but we opt to surprise you with something we think you'll love even more. That's why we buy perfumes you hate or tickets to events you'd never attend. We know we'd be better off getting the gift you said you wanted, but then we don't get to gift you with something you'd never thought of!

Don't judge our gifts too hard though. The pressure of picking out something perfect—because ultimately, we care!—can affect our judgment. And really, who doesn't love Mickey and Minnie?

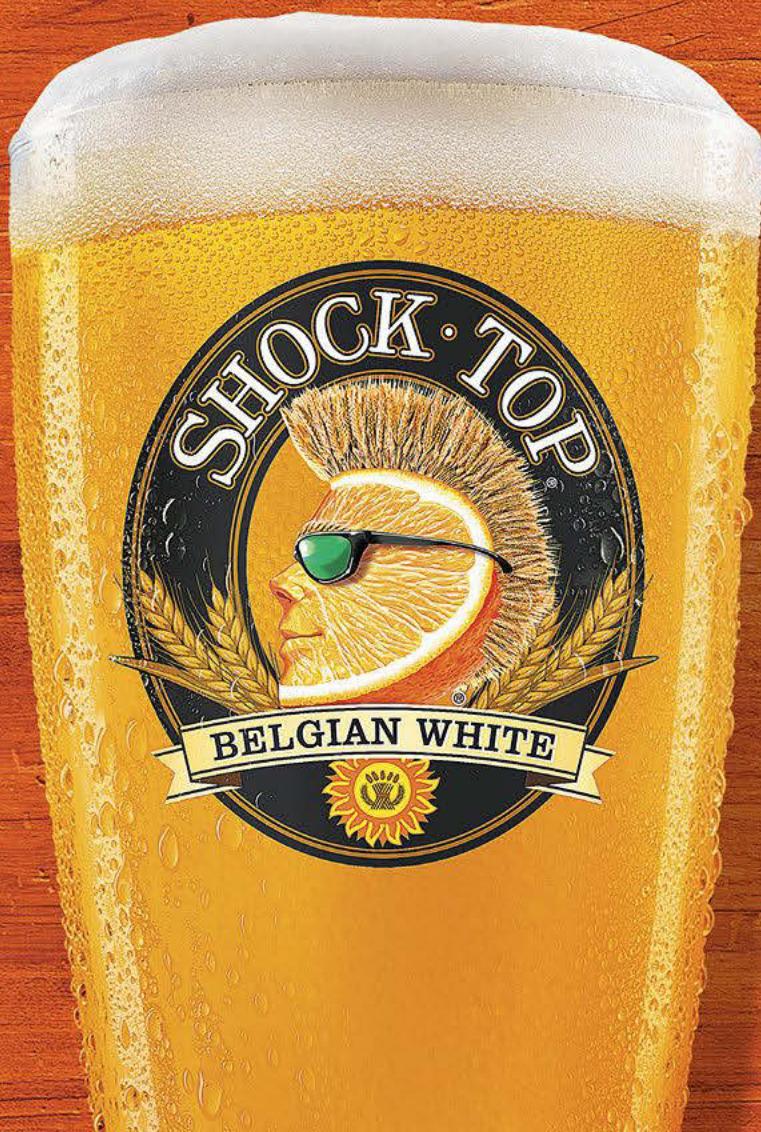
The authors' new book, *You Blew It! An Awkward Look at the Many Ways in Which You've Already Ruined Your Life*, is out now.



—THE PERCENTAGE OF MEN WHO SAY MORE CLOSET SPACE WOULD MAKE THEM HAPPIER THAN MULTIPLE BATHROOMS, YOGA OR A LINGERIE SET
—THE PERCENTAGE OF WOMEN WHO SAY MORE CLOSET SPACE WOULD MAKE THEM HAPPIER THAN MULTIPLE BATHROOMS, YOGA OR A LINGERIE SET

SOURCE: 2014 APARTMENTLIST SURVEY

WHAT? I HEARD THIS
WAS A GOOD PLACE
TO MEET LADIES.



LIVE LIFE
UNFILTERED

ENJOY RESPONSIBLY.
© 2015 Shock Top Brewing Co., Shock Top® Belgian White Belgian-Style Wheat Ale, St. Louis, MO.

LET IT UP

EDITED BY
JULIA VADNAAS

I'll Drink to That!

GET YOUR TOASTS
READY, PEOPLE. EACH OF
THESE FUN, NOVEL
COCKTAILS IS
GUARANTEED TO STIR UP
GOOD TIMES, STARTING
WITH THIS HOLIDAY-
READY CRANBERRY
WONDER. CHEERS!

PHOTOGRAPHED BY GRANT CORNETT

*Cranberry
cocktail*

Combine $1\frac{1}{2}$ ounces **Avión Añejo tequila**, $1\frac{1}{2}$ ounces **cranberry juice**, $1\frac{1}{2}$ ounces **orange liqueur**, and **agave nectar** to taste in a shaker filled with ice. Shake and strain over ice. Garnish with sugared cranberries.

LIVE IT UP!

Love Cocktail



This super-boozy drink's name is no joke. Just one sip, and you'll be crushing hard.

Another round, please!

1 ounce **Buffalo Trace**
bourbon

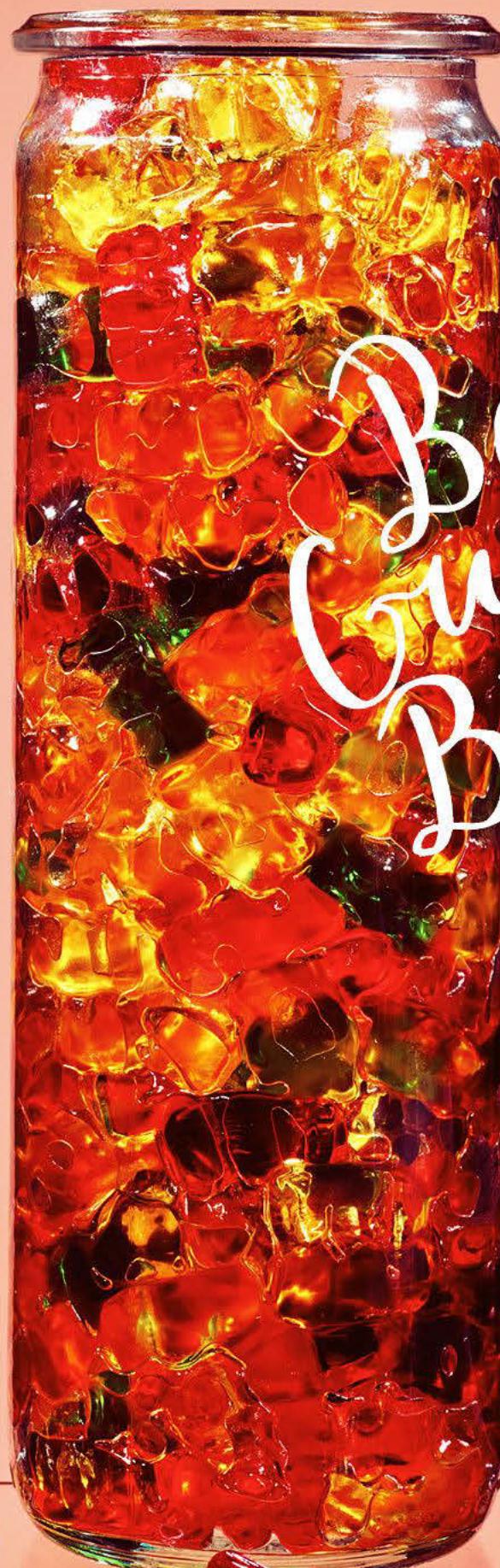
1 ounce **Busnel**
Calvados brandy
 $\frac{3}{4}$ ounce fresh
lemon juice

$\frac{1}{2}$ ounce Giffard Crème
de Pêche de Vigne
peach liqueur

$\frac{1}{2}$ ounce simple syrup
A dash **Peychaud** bitters

Add ingredients to an ice-filled shaker; shake and strain over ice or into a coupe. Garnish with peaches or a lemon wheel.

Courtesy of Eryn Reece,
head bartender at Death +
Company in New York City



Boozy Gummy Bears

Is it just us, or is this the most adorable cocktail idea of all time?

Okay, enough eyeballing. Give each guest a spoon and get to it!

2 pounds
gummy bears
1 liter vodka

In a covered container, soak gummy bears in vodka (covering the bears and leaving $\frac{1}{2}$ inch extra alcohol on top). Refrigerate; let soak for at least 4 hours. Pour off alcohol and serve up the bears—with caution!



Think of it as the Jell-O shot's cool older sister who lives in Cali. Whip these up the night before your party, and enjoy your guests' suddenly sunny moods.

1/2 cup tangerine juice
(about 6 tangerines, save the halved peels)
1/2 cup Aperol
1 cup prosecco
1 1/2 packets unflavored Knox gelatin
1/4 cup granulated sugar

Pour juice into small saucepan. Sprinkle with gelatin and sugar; let soak for a couple of minutes. Heat on medium, stirring occasionally, until sugar and gelatin dissolve. Do not boil! Set aside to cool. Meanwhile, carefully peel away the fruit from the tangerine peels, and set tangerine "cups" in a muffin tin. Now that the mixture is cool, stir in prosecco and Aperol. Pour mixture into tangerine cups. Chill in refrigerator for 2 to 3 hours, until set. Jell-O side down, using a sharp knife, slice each tangerine into wedges before serving.

Courtesy of Ludlows Cocktail Company



Tangerine Spritz Jell-O shots

LIVE IT UP!



Get your caffeine fix in the most fun way possible—with a shot of booze!

1 pot black coffee
Baileys Irish Cream, to taste

Pour room temperature coffee in an ice-cube tray, and freeze. Put the cubes in a glass, and top off with a shot or two of Baileys.

WHAT
THE
BEST
MORNINGS
ARE
MADE OF.



Start your day on the plus side of delicious with Quaker® Real Medleys®. Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with bananas and crunchy nuts. **#QuakerUp**



EDITED BY
SARA AUSTIN

WORK

Run Your Own Show

SHONDA RHIMES, PRODUCER OF *GREY'S ANATOMY*, *SCANDAL*, AND *HOW TO GET AWAY WITH MURDER*, USED TO HATE THE SPOTLIGHT. IN HER NEW BOOK, *YEAR OF YES*, SHE CHRONICLES HER QUEST TO PUT HERSELF OUT THERE. SHE CHANGED YOUR THURSDAY NIGHTS—NOW SHE JUST MIGHT CHANGE YOUR LIFE.

BY LAURA BROUNSTEIN

MARY ROZZI/CONTOUR BY GETTY IMAGES



WORK

SHONDA RHIMES WAS CHOPPING ONIONS with her sister on Thanksgiving two years ago when it all changed. The television producer says, "I was telling her about all these fancy invites I'd turned down, hoping to impress her, when she called me out. She said, 'You don't say yes to anything.' First, I pushed back. 'I can't! I have kids! I have TV shows!' Then I saw she was right. I was my heaviest ever, unhappy, and ready for a change." Rhimes says she'd put so much of herself into work and her family, she'd lost track of who she was and what she wanted. And she needed to figure it out.

DO WHAT SCARES YOU

"Staying in my safe little writers' room spinning my stories, which I had done since I was a kid, wasn't working anymore. My characters' lives had become bigger than my own. Leaping into things I didn't know I could do helped me see how adventurous I could be and what I'd been missing. When I started to say yes to invites, when I spoke at my alma mater, Dartmouth, and guest starred on *The Mindy Project*, it was so fun. It went so well, my life started to be good. I wasn't going back."

FIGURE OUT WHAT YOU LIKE

"Get to know yourself. That's the first step to finding your spotlight. When I started to try to lose weight and get healthier, I decided to eat only things I craved enough to say yes to. This is crazy, but I had no idea what they were. I hadn't paid attention to what made me happy. Turns out, I'm obsessed with tomato soup."

TAKE CARE OF YOUR BODY

"Part of my shyness was never connecting with my body. I thought of it only as a container that carried around my brain. As I started to get healthier, I became more aware of and comfortable with my body. And then, for the first time in my life, I fell in love with fashion. There's something really powerful about feeling good about the way you look."

WATCH YOUR GIRLS' BACKS

"Make a pact with your friends not to turn into clones. Don't think, *I need to have long hair and get a Brazilian because that's what guys want*. Or if you're into girls, doing whatever you think they want. I felt like I'd failed, that something was wrong with me, because I didn't want to get married. We have to stop trying to live somebody else's idea of our life."



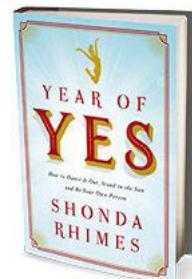
OWN IT

"If I ask a guy writer on my show what he wants to be, he'll say, 'I want to run my own show or take over a network.'

Female writers answer, 'Oh, I want to work for somebody great and really learn.' I yell, 'Don't ever say out loud again that you're going to dream small!' So many women look for permission. Men don't—they just do it. Decide the only person whose opinion matters is yours. Don't be a sociopath about it, but stop worrying people are going to think you 'like yourself too much.' Please, god, like yourself too much!"

CELEBRATE DAILY

"I do small things when I'm proud of myself, when I've faced my fears. Dinner with family, spa treatments, a mini-break: Even 24 hours out of your own home, across town at a friend's house, anything outside your own environment, can really clear your head. A glass of red wine with coworkers? I don't need a celebration for that—that's just 6 o'clock."



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Make Your Cause Your Career

Want work that feels good, helps people, and challenges you in the best way? Follow in the steps of these inspiring charity leaders—including four past winners of L'Oréal's Women of Worth Awards, which celebrates its 10th anniversary this month. They've already left the world better off than they found it, and they're just getting started.

BY PAULA DERROW



Nancy Chang 35

BOARD CHAIR

SKATE LIKE A GIRL

NANCY CHANG didn't grow up in the kind of family where it was okay for girls to skateboard, much less help build a nonprofit around the sport. "My parents wanted their kids to be doctors or lawyers, not to go into nonprofits," she says. Yet her Taiwanese family also lived a "Buddhist lifestyle—it was always about wanting to help other people." Those kinds of mixed messages were a hallmark of her childhood in rural Washington. "I was a tomboy, so I was told I had to be more girly but at the same time not dress provocatively. I never felt that I fit in."

That's partly why she was drawn to the rebellious culture of skateboarding. "My older brother had a board from Kmart, and in sixth grade, I started teaching myself tricks in our garage." She

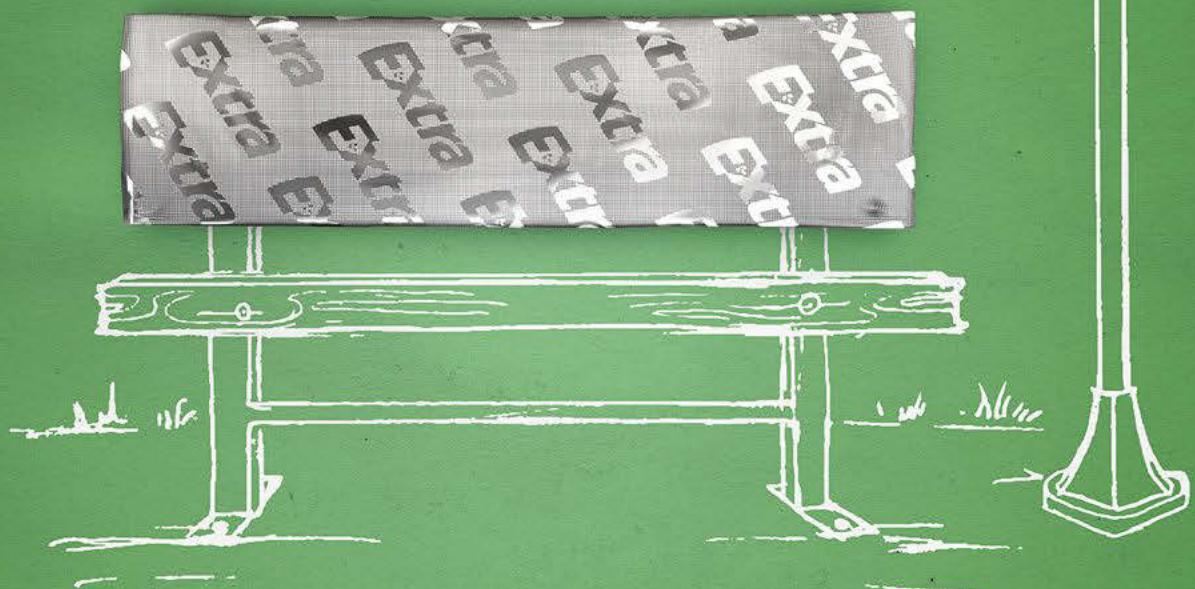
loved it, but it was tough to find other girls into skateboarding.

After college, Chang got a job at a teen center and organized a weekly skateboarding night. The event got the attention of two other young women who had started a group called Skate Like a Girl. In 2007, Chang teamed with them and, using the skills she was learning in graduate school for public administration, took the organization nonprofit, with the goal of making boarding more welcoming to girls. "People don't understand the value of skateboarding—they say it's just boys smoking pot and being bad. But we've created a community where girls can learn, get more confident, and mentor one another. That's really satisfying."

Relentlessly assess the change you are making, urges Chang, who is also executive director of Reel Grrls, a nonprofit that teaches filmmaking. "You may not see an impact right away. Know what long- and short-term wins would look like."

CONVERSATIONS ABOUT NOTHING IN PARTICULAR

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Sometimes, the little things
last the longest.

give



extra.

WORK



Erika Ebbel Angle 34

FOUNDER

SCIENCE FROM SCIENTISTS

IT STARTED with suicidal crocodiles. Erika Ebbel Angle was in sixth grade, vacationing in Cancún with her parents, when she visited a crocodile farm. "I learned that when a crocodile is mortally wounded, it flips over and commits suicide." When she got back to her Bay Area school, she decided her science-fair project would investigate whether cells infected with a virus commit "cell suicide."

Her school didn't have facilities to help with the project, so the 11-year-old began calling a bunch of labs. Most didn't call back, but one man, director of a local public-health lab, agreed to help her design an experiment. "He knew that my hypothesis wouldn't work, but he didn't tell me that," she says. Instead, he taught her the fundamentals that

would lead her to a life of science.

Angle went to MIT as a biochemistry major, where, in 2002, looking for a service project, she hit on the idea of helping kids with science fairs. With \$119 from a fundraiser, Angle started Science From Scientists, even while juggling a full course load.

Today, the nonprofit serves 7,000 kids per year in Massachusetts, bringing scientists into schools to teach not only physics and biology but also critical thinking and teamwork. "Kids ask our scientists for their autographs—they've never realized science can be a career for women," says Angle, who also recently launched a biotech company. "That's the most awesome testament as to why I do this."

Starting out, Angle sought lawyers who'd give pro bono help to untangle the red tape of founding a nonprofit. "If you pick up the phone enough times, you'll find people willing to donate time and skills," says the former Miss Massachusetts. "You have to persevere."



ALI PLANTS SEEDS OF HOPE IN BRUTAL SITUATIONS.

and I was sexually abused by the household help," she says. "I needed to do something about it."

In founding No More Tears, Ali set out to offer abused and trafficked women a way out, securing everything from restraining orders to food stamps. She relies on donations and volunteers, driving victims to doctors and court herself.

"It can be emotionally draining," admits Ali, who has received death threats, had her tires slashed, and gotten sued. Yet it's worth it when she sees the results. "We've rescued almost 1,500 victims, and only two have gone back to their abusers," she says.

Before creating No More Tears, Ali volunteered at two nonprofits for six months each. "I wanted to get a sense of how I'd run things," she says. Idealist.org has tons of listings for jobs, internships, and volunteering gigs.



Somy Ali 42

FOUNDER

NO MORE TEARS

IN HER FIRST CAREER as a Bollywood actress, Somy Ali made 10 films alongside her boyfriend, a top actor in India. But when the fairy tale ended in a bad breakup in 2006, she found herself in Miami looking for a new path.

One day, a neighbor knocked on Ali's door. A Bangladeshi, she knew Ali (a native of Pakistan) spoke her language. "Her father-in-law had raped her, and she didn't know where to go," Ali says. She helped her get a divorce and go to school. "I grew up with violence all around me,

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WORK

"People say they want a career that's sexy, but that's not how you find your bliss."



Maimah Karmo 41

FOUNDER

TIGERLILY FOUNDATION

KARMO WAS 32, a single mother of a 3-year-old, and working for a government contractor in Northern Virginia when she felt the lump in her breast that would turn out to be Stage 2 cancer. Her first reaction was fear: of what would happen to her preschooler, losing her hair, whether she'd find love again. "At chemo, I didn't see anyone who looked like me—young, dressed in jeans and heels. It felt like an assembly line, a place you'd go to die."

Karmo imagined a different kind of chemo experience—where women could sit with a buddy or cozy up with a soft blanket and a magazine—all the things young cancer patients told her they wished for.

SUPPORTING OTHER CANCER PATIENTS GAVE KARMO PURPOSE.

That led to the Tigerlily Foundation and its "hope bags," stocked with a blanket, scarves, a hat, lip balm, a journal, and info on coping with emotional issues. "People said, 'You have cancer, you have no money, you don't know what you're doing.' But I never felt so alive and driven."

After her treatment, in 2006, Karmo quit her job to work on Tigerlily full-time. "I didn't even have a board. Sometimes, I'd go home and cry. But I also knew that if I didn't keep going, I wouldn't be doing what I was meant to do," she says. The nonprofit now offers 14 programs, including meal delivery services and funding to help patients with medical bills, rent, and child care.

For years, Karmo struggled to find her career calling. So she kept trying things out. "I did communications, marketing, proposal work, project management. Those skill sets all helped me build my nonprofit."

TOWN HOUSE

More ways to share your flair.

5 SURPRISES ABOUT GIVE- BACK JOBS

Get the insider scoop from Elizabeth Gore, entrepreneur-in-residence at Dell and advocate at the United Nations Foundation.

1. IT'S AN INDUSTRY

"Think of nonprofits as a career path. Your product is helping someone else's life versus creating a widget. You can study business, finance, marketing, engineering, or writing as an undergrad, then get a master's in nonprofit management or public policy."

2. VOLUNTEERING GETS YOUR FOOT IN THE DOOR

"To get into humanitarian work, you need to live in overseas environments, whether that's a mud hut in Uganda or an emerging economy, like Argentina. Faith groups have programs, or explore the Peace Corps or Teach for America."

3. YOU DON'T HAVE TO BUILD YOUR OWN THING

"If you have a game-changing idea for a charity, try to do it inside the infrastructure of an established nonprofit. By the end of three years, you should have had coffee with at least 25 people there."

4. YOU WON'T LIVE IN POVERTY

"National nonprofits and humanitarian groups need to attract good talent, so they're going to pay what you need. If they don't, go somewhere else."

5. YOU'LL MAKE FRIENDS

"Because this industry is led by the heart, you develop close relationships. The girls I started out with at the Points of Light Foundation are still my best friends."

—AS TOLD TO DANIELLE KAM

"Hold Out for Something Rewarding"

Cecile Richards—president of Planned Parenthood Federation of America and defender of your right to health care—knows how to kick ass at activism.



IT'S A RARE THING to be involved in a group that is not only a health-care provider for 3 million women every day but also a movement. The most exciting thing I do is meet with women who are just getting into becoming activists. The world is totally open to them, more so than for any other generation before.

It's important to find your voice as an advocate because you are going to talk to a lot of people who aren't going to agree with you. We try to provide opportunities for young women to write, speak in public, run meetings, to do the things that help them find their voice. Whether it's at a cocktail party, on an airplane, or in a meeting, I encourage people to have a conversation. Someone who yesterday was

not on your side may be on your side tomorrow.

Fieldwork is a great way to start—whether that's canvassing on a street corner for an organization, volunteering at a health center, escorting women, or visiting with teens as peer educators. Even now, I still spend time knocking on doors. I try to stay as close to the work as possible because that's the only way you truly know what's going on.

It's so hard to win. You have to look back and say, "Where did we come from?" When Margaret Sanger started Planned Parenthood, birth control was illegal. Today, it's the most common form of medicine women use. You are going to make progress and then there is always backsliding. Our team is good at celebrating the victories that are won and then rededicating ourselves.

I've moved around a lot in my career. When I went to work for Nancy Pelosi in Washington, I knew nothing about Capitol Hill! I was so unqualified in so many ways. But I took the job because she was an extraordinary person I could learn from. Women at nonprofits sometimes feel like they are invaluable and they can't move on. Instead think: My time is done here, and I'm going to open up an opportunity for someone else.

People say, "No one ever said at the end of their life, 'I wish I spent more time at the office.'" I actually feel the opposite! You could probably make a lot more money, have a little more prestige, maybe not have as controversial a Thanksgiving dinner-table conversation. But there is nothing like having someone look you in the eye and say, "Thank you for helping me."

—AS TOLD TO SARA AUSTIN



MOMS DON'T TAKE SICK DAYS.



MOMS TAKE



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GO OUT...WITHOUT GOING BROKE

Catching up with friends over a good meal is a priceless experience. Um, until the bill comes.

BY JUDITH OHIKUARE

I DIDN'T SET OUT to avoid anyone. But within a few months of moving back home to New York a year ago, I realized that night after night of catch-up dinners over bottles of wine and plates of pasta was bankrupting me. My solution: Someone would text, *OMG Judi, you're back??! Let's grab din/drinks??!!* and I'd say, *Yesss, definitely!*—then go MIA for as long as possible. Sure, I was being frugal, but if I kept it up, I'd end up friendless, despised, and alone.

To figure out how to budget for outings without ghosting, I threw myself on the mercy of *Cosmo* contributor Alexa von Tobel, the CEO of LearnVest and author of *Financially Fearless*. "Spending time with the people you adore is one of the most important things to invest your time in," says von Tobel. "But it can be hard when socializing conflicts with your financial security."

She started me off with LearnVest's One Number

strategy, which calculates a weekly "flex spending" number, so you know right away if an expense is over budget. I took my monthly post-401(k) take-home pay and subtracted my expenses (student loans, credit cards, rent, cell phone). Then I divided that number by 4.3 to account for five-week months. My number was surprisingly high.

I didn't have to give up food-centered fun, von Tobel suggested, but I could try going out more on Monday

through Wednesday when there are more specials. Like kismet, I found a spot that had a Monday happy hour beyond 7 p.m. and served small plates with huge portions.

If you carry only what you need, you won't blow past your limit after drinks put you in a good, spendthrift mood, advises Tiffany Aliche, a financial educator who runs the Budgetnista blog. Be brave and tell friends what you're up to. With close friends, Aliche says, it's not tacky to keep a separate bar tab that only those who are drinking can split.

My advisers also reminded me to venture beyond bars. "The fun part is being together," Aliche says. "Think creatively." I pondered pot-luck Cards Against Humanity night and kickball in the park. I discovered I could get into my local botanical garden—a beautiful place for a walk with a friend—gratis on Saturday a.m., and I dodged the \$22 fee at an art museum by going as the plus-one of a friend with a student membership. (If you have a Bank of America card, you can get in free to museums in 32 states the first weekend of every month.)

I also learned that orgs like RockCorps and events like Bonnaroo and Jazz Fest give out concert tickets in exchange for volunteering. So when Afropunk, one of my favorite music festivals, rolled around, I decided to "earn" my tickets. I met with a few dozen other volunteers on a bright Saturday afternoon to distribute food to the homeless with a nonprofit called Care More. Two weeks later, as if the glow of doing something positive with a group of upbeat people wasn't enough, Afropunk gave me a full weekend pass...and an extra set for a friend. ■



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surprised
even
herself
when
she fell
in love
with a
woman—
fellow
WNBA
All-Star
Brittney Griner. •

Then
somehow,
it all went
to hell.

By
**ABIGAIL
PESTA**
Photographed by
**IAN
ALLEN**



JOHNSON, ON
A VISIT TO NEW
YORK THIS FALL.

Glory Johnson and Brittney Griner made a glamorous, swash-buckling pair. The towering professional basketball rivals fell in love when Griner, an iconic lesbian, pursued Johnson, who had always dated men. Johnson, at 6 feet 3, and Griner, at 6 feet 8, dazzled on the courts with their ability to dunk, as only a few women in the world can do. Off the courts, they posted playful shots on Instagram, announced an engagement, and stole the show on *Say Yes to the Dress*.

Then things went hay-wire. Just weeks before the marriage, an argument turned physical, and the women were arrested for domestic violence. Nevertheless, they wed in May of this year, and soon after, Johnson announced that she was pregnant, a result of artificial insemination. The very next day, Griner filed for an annulment. They had been married for 28 days.

Johnson says she was blindsided and confused—and remains so today. “I don’t understand,” she says. “I want to understand.” The 25-year-old athlete is on leave from professional basketball amid a difficult pregnancy and birth—at press time, she had just given a very premature birth to twin girls. Johnson, who spoke to *Cosmopolitan* in the weeks before the birth, says she wants to set the record straight. Many of the reports on the high-profile relationship, she says, have been misleading.

Walking the streets of Manhattan on a recent trip, the blue-eyed Johnson, in a black cap and ripped skinny jeans, looks at ease, describ-

ing how she played “as many sports as possible” as a child. One of five siblings, she was born in Colorado and later moved to Tennessee with her parents, an engineer and an intensive-care nurse. She became a high school hoops star and went to the University of Tennessee, finishing an undergraduate degree in global studies and a graduate degree in journalism and electronic media in just four years. In college, she played against Griner, a famous shot blocker for Baylor, but didn’t know her personally. (Representatives for Griner said she declined to comment for this story. Griner’s lawyers did not respond to requests for comment.)

In 2012, Johnson was picked in the first-round draft of the Women’s National Basketball Association, going to the Tulsa Shock in Oklahoma. In the off-season, she moved abroad, as female players often do, to play for a team in Russia. She had a boyfriend in Tennessee, but the couple couldn’t weather the travel and time zones. She focused on her game, becoming a



two-time WNBA All-Star, averaging 14.7 points a game in 2014.

Johnson and Griner connected at a basketball camp in Las Vegas in 2013. Johnson noticed that Griner—drafted first overall that year by the Phoenix Mercury—found excuses to hang around her. One night when a group of friends went to see Cirque du Soleil, Griner made her move, sitting next to Johnson and putting her arm around her.

Ordinarily, Johnson would have brushed off such a move from a woman, she says, but on this night, she went with it. With the buzz from a round of tall cocktails and the acrobats flying in the dark, the evening felt “pretty romantic,” she says. “I wasn’t thinking about her being a female. She was just somebody who was showing me a really, really good time.”

More drinks flowed after the show, and Griner escorted Johnson to her hotel room in the wee hours. In the room, things got interesting. “It was really awkward because what do you do when you’ve never been in this situation with a female before?” Johnson says. Griner, deep-voiced with dreadlocks and size-17 feet to anchor her lofty frame, put Johnson at ease with her swagger. “We finally laid down and were about to go to sleep. Of course, there was a little bit more that happened,” Johnson says. “As I was getting more and more comfortable, more and more was happening.”

The next morning, the women looked at each other and smiled. “It was literally a moment like, what happens in Vegas stays in Vegas,” Johnson says. The two went their separate ways but met up again later after a game in Tulsa. They went home together—then missed a flight with their teams the next morning. Their names



THE WEDDING DAY “FELT AMAZING,” SAYS JOHNSON.

were blasted on the airport intercom, and their secret was out. By the summer of 2014, Johnson says, they were a couple.

Some people wanted to define her. “Not a lot of people understand it. They wanted me to be a lesbian who converted from being straight,” she says. “It just doesn’t work for me like that.” She remains straight, she says. She simply fell for an individual. “I’ve had men that needed to step up more as a man than Brittney,” she says. “I was set.”

In August of 2014, Griner dressed up in bow tie and took Johnson to a party, hinting about giving Johnson a lap dance. “I was nervous, like are you really going to do a lap dance in front of all these people?” Johnson says. Later in the evening, Griner bellowed into a microphone: “Tell my girlfriend to come over here!” Johnson joined her and sat in

a chair, where she was blindfolded. People started cheering. Off came the blindfold. Griner was down on one knee with a ring.

“I automatically started crying,” Johnson says. “I was just shaking my head like, it’s too much for me right now.” Griner said to nod her head yes or no, and she nodded yes. But she felt rattled, unprepared. “I just needed to get away from everybody. You see all these lights flashing and all the cameras. I was boohooing, hiding my face in her shirt.” Johnson fled to the bathroom. Griner paced nervously on the street.

“Was I ready for it? Probably not,” she says. “What am I going to say, no? All the cameras are in my face.” Her friends, concerned, pounded on the bathroom door, telling her she didn’t have to say yes. Still, she says, “I was happy at the same time. It was some-

thing that I wanted.” The women went home together an engaged couple.

JOHNSON BEGAN spending much of her time with Griner, traveling with her for the play-offs since her own season had ended. Johnson says Griner wanted her constant companionship. It felt excessive, she says, but “I thought, am I going to support her or am I not?” Later that year, the women parted ways for the off-season: Johnson went to Russia, and Griner to China. The distance proved challenging. Griner posted a shot on Instagram without her ring, Johnson says, spurring an argument. In retrospect, Johnson says, that was the moment things started to unravel.

Eventually, Johnson joined her fiancée in China at Griner’s request, she says, giving up her season and paycheck



in Russia. But the women argued again when Johnson discovered that Griner had been dishonest about texting with a former girlfriend. Johnson tried to move past it, but she had lost trust. She resolved to leave.

"I packed up all my stuff," she says, sending her fiancée reeling. Griner broke down and locked herself in the bathroom. Johnson began to worry about Griner's state of mind. Griner has spoken publicly about having had suicidal thoughts in her youth. "I knew she had that side of her," Johnson says. After clearing the room of sharp objects, Johnson decided to stay, she says, because she feared what might happen if she left.

That night was a turning point, and the pair decided to start anew. They made plans to buy a house together and start a family. It seemed like a logical time to get pregnant, since Johnson was sitting out her Russia season. The women agreed she would sit out the full year and do in-vitro fertilization, then train hard after the birth and try to get traded to the Phoenix team. They connected with a doctor in Phoenix and picked a sperm donor—a blond, blue-eyed man, chosen by Griner, says Johnson.

In Arizona in the spring of 2015, the women went to counseling and marched forward, starting IVF, buying a house, and moving two of

Johnson's sisters in as nannies. The pair still argued, especially when Johnson questioned or challenged Griner, she says.

On April 22, one of those arguments exploded, as police reports document. The women were at a Lowe's with Johnson's sisters when Johnson asked Griner if she remembered to get a measuring tape. Griner snarked that Johnson wouldn't know what a measuring tape is. "She's always a smart-ass, and she thinks it's funny," Johnson says. "Eventually, her being a smart-ass causes us to fight, and then it's not funny anymore." Back home, she pulled Griner aside and asked her not to be disrespectful in front of her sisters. "She

started throwing a fit, huffing and puffing," Johnson says. One of Johnson's sisters tried to defuse the situation, but it got worse. "Brittney put her whole palm in my face," Johnson says. "I knocked her hand out of my face, and I put my hand on her shoulder and moved her to the side." Griner stormed off, cursing and calling her names, Johnson says.

A few minutes later, when the women passed each other, Griner grabbed the back of Johnson's neck and threw her head down. "I've never been grabbed or thrown like that ever in my entire life, not by anybody," Johnson says. "At that point, everything was out there. We were fighting. We were scrapping." Griner hurled a glass dog bowl. "Her eyes were dead black," Johnson says. "I thought I could talk to her, but she was not there." She recalls Griner saying, "I've got something for you" and heading to the bedroom. At that point, her sister Judy Johnson called 911.

Johnson says now—although no one revealed it to the police—that Griner had a gun in the house. (Arizona allows weapons without a permit.) Johnson didn't know about the gun at the time, but her sister Judy did. And Judy says her fear that Griner was going to get the gun was the reason she called 911. "I thought the situation was way out of control and something needed to be done," she says.

The other sister present, Grace Johnson, says she saw a gun in the house later, after the arrests. Grace says she also saw Griner hit Johnson over the head with a metal case, another detail that no one told police. Johnson says she stayed quiet to protect her fiancée.

Griner and Johnson went to jail and shared a cell, confounding Johnson. "If it was serious enough for the police to arrest us and they have no

idea what the story is, why would they put us in the same cell?" she asks. "Brittney's sitting right next to me. I'm crying, shaking, because I'm so pissed off that I just got arrested for her." In the holding cell, the two had a deep talk, Johnson says. "We both understood that we went overboard."

Griner, who had a scratch on her hand and wrist and a bite mark on her finger, pleaded guilty and went into a domestic violence course. Johnson, who had a scratch on her face and was diagnosed with a concussion, according to the WNBA, pleaded not guilty. At press time, her case was pending.

It's not the first incident of relationship violence between two female basketball players, but it is the most prominent. In separate cases in 2012, two former WNBA players were reportedly arrested in same-sex domestic-violence incidents. And while the issue of same-sex relationship violence receives far less attention than male-on-female violence, a 2013 report by the Centers for Disease Control and Prevention suggested that LGBT women may be at greater risk. Over a lifetime, 35 percent of straight women will experience rape, physical violence, or stalking by a partner compared with 44 percent of lesbians and 61 percent of bisexual women.

The WNBA suspended both women for seven games, even with Johnson's case still unresolved—a decision Johnson questions. The league says its policy is to do its own investigation in matters of domestic violence, independent of a police investigation. Johnson says she told the league that Griner had gone to retrieve a gun. The WNBA did not mention a gun in a public statement on the case (the league does not disclose details of its investigations).



"After all she put me through, I should hate this person. But at the end of the day, I still worry about how she's taking all this."

JOHNSON SAYS that she and Griner got along better after the fight. They married in the mountains of Phoenix on May 8. Johnson wore a white gown, and Griner wore a suit with sneakers. "I thought I married the person I was supposed to be with," Johnson says. "You work things out and fight for what you love." Some family members had advised her to leave, but she didn't listen. "It wasn't about other people. It was about us," she says. "Brittney was crying about how happy she was I stuck with her and promising she'd make it worth it. You can call me stupid for believing her, but I trusted this person."

Later that month, Johnson learned she was pregnant from the IVF. Around this time, she made a comment to the press about the fight, saying the women each knew why they pleaded the way they did. Johnson says she meant that it was their own business. But Griner was furious, accusing her of throwing her under the bus.

On June 4, Johnson announced the pregnancy with Griner's blessing, she says. One day later, Johnson's agent called to say that Griner had filed for an annulment. The news was in the press. Johnson says she was stunned. In the annulment filing, Griner said that she had married under pressure from Johnson and implied that she wasn't really involved with the IVF. Later, in a revised filing, she said she was involved but, again, under pressure from Johnson.

Johnson was floored by the claims. She pulls out her phone and plays a pair of videos shot by Griner that she's never shared before. In one video, the women are at the fertility clinic, joking about their future kids, with Griner referring to herself as "Dad." In the other video, Johnson takes her pregnancy test in the bathroom while Griner watches, playfully teasing her fiancée. Griner says to Johnson, "Even if you're not pregnant, I still love you."

In the revised filing, Griner also accused Johnson of infidelity during the courtship and of texting with a former boyfriend during the engagement. Johnson says the claims are false. She says her last relationship was with the boyfriend from Tennessee, and it came undone long before she and Griner became a couple.

Johnson now finds herself in a financial fix. She makes half-pay while on leave from the WNBA and will make no pay overseas or from

endorsements while off the court. Meanwhile, she says she is stuck with bills for the IVF, wedding, and furniture for the Phoenix home, among other expenses. A judge denied a request from Johnson for temporary spousal support, but she could potentially file for child support. Separately, a judge denied Griner's annulment request, meaning the two would need to divorce.

Johnson's pregnancy was challenging. She was bedridden in the early days and then again after nearly miscarrying. In October, she gave birth, just five months after becoming pregnant. At the same time, she is preparing to pack up and move from Tulsa to Dallas, where the franchise owners are relocating the team. "I can't do this by myself," she says. "I have male friends, sweet guys that are offering to help me, and I'm not handling it well. I'm pushing it away because I don't trust anybody. I hope I get to a point where I can give somebody a fair chance, because I was so trusting before."

Still, she says she has no regrets about marrying the person she loved. "I followed my heart," she says, pausing for a moment. "After all the things that she put me and my family through, I should hate this person. But at the end of the day, I still worry about how she's taking all this," she says, referring to the breakup fallout.

She says she has dealt with the strain and disappointment of the past year by looking outside herself. "I couldn't allow myself to get stressed," she says. "I had to think about the health of the twins." But the sudden end to the relationship continues to haunt and mystify her. "I have dreams about it sometimes. One dream I had, we sat down and talked about it for the first time." ■

HOROSC



BY AURORA TOWER
@AURORAASTRO

A host of planets is in amiable Sagittarius this month, enhancing the festive mood. Play it safe when Mars opposes erratic Uranus on the 10th. The winter solstice on the 21st favors big dreams. The 25th's Full Moon caps off a harmonious holiday season.



12.22—01.19

Communication whiz Mercury moves into your sign on the 9th, helping you stay on top of your to-do list, so you can say yes to all the fetes! You'll get a positive boost on the 21st, when the Sun moves into your sign, making for a bright year's end. **YOU NEED:** Real fuel! Step away from never-ending holiday sweets.

CAPRICORN GUY: He tries to take care of everybody, so a night where you, ahem, take him in hand = bliss.



01.20—02.18

You're a true ride-or-die friend so now's a great time to shake things up with your crew. Let your besties coax you out on the 8th when a meet-cute could reboot your mojo. Avoid gossip on the 20th when your words may be misconstrued. **YOU NEED:** To try at least one new thing this month. **AQUARIUS GUY:** He's dying to catch up with his boys. Join them for beers where everyone can get a bit of his time. He'll want to get your bits later.



02.19—03.20

December 11th's New Moon in your zone of fame and success is setting you up for the big leagues. Keep your work hustle going. It's paying off! The Sun forms a beautiful sextile with your ruler, artistic Neptune, on the 29th. You'll find inspiration in the holiday whirl. **YOU NEED:** A quiet space where you can block out all distractions. **PISCES GUY:** Grab a bottle of bubbly to celebrate his recent successes, then pop each other's corks later on.



03.21—04.20

The good: You clearly articulate your needs. The not-so-good: You're not always great at compromise. When dynamic Mars goes to town on the 6th and 10th, change your MO. Working with others can work in your favor! **YOU NEED:** To think about the big picture. **ARIES GUY:** Calm his jitters with a gym session that burns his excess energy, then follow up with a DIY workout where you're both #Winning.



04.21—05.21

Venus moves into your zone of relationships on the 4th, kicking off an icy-hot month! The amorous planet will also form a sextile to intense Pluto on the 17th, fanning your desire for intimacy. Single or attached, your horns will hook 'em either way! **YOU NEED:** To be a hundred percent genuine with your suitors. **TAURUS GUY:** If he's anxious, share your New Year's resolutions, so he'll feel safe telling you his wildest dreams.



05.22—06.20

Quick-witted Mercury makes a gorgeous trine to individualistic Uranus on the 1st, giving you the confidence to dispatch "bad blood" with ease. Leverage that good judgment in matters of love near New Year's, when alluring Venus slips into your zone of partnerships on the 30th. **YOU NEED:** To RSVP Y-E-S to every e-vite! **GEMINI GUY:** Join him as he hits the holiday party circuit. He'll want to rack up those mistletoe kisses!



06.21—07.22

Your nose is still at the grindstone, but thanks to stellar aspects around the 17th, December will be very satisfying. The Full Moon in your sign on Christmas day puts love in your stocking...for a sexy end of year.

YOU NEED: To embrace, rather than fight, Christmukkah chaos.

CANCER GUY: When he finally catches a break from the office, slip on his tie—and nothing else—and show him how to mix work and play.

CAPRICORN

AQUARIUS

PISCES

ARIES

TAURUS

GEMINI

CANCER

OPEN



07.23–08.22

Prepare to solidify your rep as the life of the party! When the Sun and bold Uranus form an advantageous trine on the 8th, all eyes—your crush's included—will be on you. After harmonious Venus moves into Sagittarius on the 30th, you'll be sparkling with good cheer.

YOU NEED: A good night's rest so you can keep on keepin' on.

LEO GUY: Let him ham it up with his friends, then dim the lights later on for his one-man encore show.



08.23–09.22

Fist bump: No one can fault you for buying gifts online and staying far from holiday shopping horrors. After the 9th, love will draw you out when your ruler Mercury moves into Capricorn. By the 24th, someone hot will raise your temps!

YOU NEED: To feather your nest so it's your ultimate retreat.

VIRGO GUY: He wants to lay low rather than brave the season's serious crowds. Keep your hot hijinks indoors, under wraps.



09.23–10.22

If someone unexpected catches your fancy around the 10th, give them a shot, 'kay? You could end up mixing work with pleasure near the Full Moon on the 25th, making business a bit more fun for all.

YOU NEED: To celebrate your ability to bring people together.

LIBRA GUY: Don't ghost when it comes to his peeps. The more connected you feel to his squad, the safer you'll feel about opening up to him in every way.



10.23–11.21

No one keeps her eye on the prize like you do. And no one will be able to look away as Venus moves into your sign on the 4th. Once passionate Pluto unites with effusive Mercury on the 19th, it will be tempting to let loose on social media.

YOU NEED: A sleek planner for your can't stop/won't stop life.

SCORPIO GUY: He's smoldering this month. Put him on ice—in every way—by getting both your rocks off!



SAGITTARIUS

11.22–12.21

Stellar gifts: You are non-judgmental and radiate positive energy, making you a trusted wing-woman and confidante.

Blind spots: At times, your clever wit and big personality can make more sensitive people feel like they can't measure up.

Fashion faves: The coolest girl of the zodiac, you look just as radiant chilling in athleisure as you do rocking floaty boho looks.

Indulgence: A great escape! You have serious wanderlust and are always ready to pack your bags for an adventure.

Seduction style: You know what you like, and you're not afraid to step up and say it when the moment calls for it. Your direct, confident style in the bedroom (or wherever the mood strikes) keeps your lovers wanting more.

Your month: You're juggling a lot right now, but you got this. The New Moon in your sign on the 11th will tweak your creative instincts. Get a head start on new projects and they'll thrive come the new year. When passionate Venus enters your sign on the 30th, you could also get a leg up on (and around!) a new love.

Your year: This year, it's time to master the art of the long game. Lining up your ambitions and addressing them strategically rather than scattershot will work wonders. Follow your intuition when it comes to love and indulge in romance! With wave after wave of success rolling in, you'll want to celebrate with someone special.

You need: To stay true to yourself while playing by the rules.

SAGIT- TARIUS GUY

Diego
Boneta } 11.29.90



LOVES: Women whose innate curiosity and quicksilver intelligence match his own.

HATES: Self-involved downers.

DREAM DATE: Unique meet-ups that get his blood pumping.

WIN HIM OVER: By being a game partner in crime but also by making it clear that you expect to be treated like a lady.



BEST MATCHES

Aries: You're a spontaneous pair with an ever-simmering lust for adventure and each other.

Aquarius: Super-loyal and kooky, his unique, modern perspective makes you see the world in a new, brilliant light.

LEO
VIRGO
LIBRA
SCORPIO

bitch it out!

CRAZY SITUATION WORKING YOUR LAST NERVE? VENT HERE!



CLUCK YOU

"I guess if you are out shopping and eating lunch at the same time, you just leave your chicken bone on a towel when you are finished. Gross!" —MELISSA F., 32



SLIPPER-Y SLOPE

"My biggest pet peeve is people who wear house shoes in public. Especially to department stores. Thanks for letting me bitch it out, Cosmo." —MEGAN B., 26



BARE BUM-MER

"Not sure why this was necessary. If you're going to lean against a window, pull your pants up!"

—KINSLEY B., 21



A LATTE NERVE

"This is a Starbucks, not your living room! Put your shoes on and get your feet off the table!" —KRISTEN H., 26

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COSMO QUIZ

ARE YOU OPEN TO LOVE?

BY ANNA BRESLAW



MOSTLY As

Wife Me Up, Stat

What do you want? A boyfriend! When do you want it? Now! Your balls-to-the-wall willingness to put yourself out there for love is brave as hell. Just try to remember that you're too awesome to waste on some mediocre dude you've convinced yourself is the one.

MOSTLY Bs

Leave It Up to the Stars

You're a hopeless romantic. The only way to meet your soul mate is a coincidental meet-cute—anything more proactive is “forcing it.” But you’re a #BossBitch in other areas of your life—why’s romance any different? Instead of waiting for the universe to align, go on Tinder and get yours.

MOSTLY Cs

Roadblocking Your Heart

You’re so closed off to the possibility of love, you’re secretly texting your ex “u up?” on first dates. Ask yourself why: Do you really not want to date right now, or are you afraid of getting hurt? If it’s the latter, delete your ex’s number, take a breath, and try not to say “Not interested” next time a cute guy asks your name.

3. You exchange numbers with a cute guy. What’s your next move?

- a. Text him on the way home. You’re thinking gorgeous spring wedding, two Montessori-educated kids, and a well-behaved goldendoodle.

- b. Nothing. We’ll run into each other again if it’s right.

- c. Delete it. You don’t need the hassle.

4. When you pull out your phone at the bar, what are you generally doing?

- a. Trying to find the dude you just chatted with about microbrews on Facebook.

- b. Checking to see if your horoscope advises “going for it” or “playing it safe” this month.

- c. Insta-stalking your ex.

5. As your enthusiastic BFF scrolls through Tinder on your behalf, you’re thinking:

- a. I should tell her to swipe right on all of them just to jack up my odds!

- b. This is silly. Let’s just leave it up to fate.

- c. Douche-looking. Too short. Douche-looking. Whose kid is that? Douche-looking.

FIND WHO YOU HAVE NOT YET BECOME.



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Let's
Go
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Cate Blanchett

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Si

